**Social Connection and Happiness**

**Essay Proposal (Version 0)**

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**Introduction: The Relationship between Social Connection and Happiness**

Social connection is a compulsory subject that a people would learn in the human society. To mentally healthy people, people are commonly having social connection activities every day. People with mental disease like depression and schizophrenia have a higher risk to isolated themselves in human society, and social problems can also raise the probability of mental illness (WHO, 2021; WHO, 2022). Social connection is an interactive behavior (Dahl et al, p.32119, para.15), that means the people not only conveying his emotion to other people, the people also absorbing emotion from other people. Therefor, social connection is subjective (Dahl et al, p.32119, para.15), the people are having social connection may have different feeling by the difference of values, experiences and cognitive competence.

A good social connection is common considered as a positive emotion circle. The positive emotion can be easily taking for happiness. Return to my topic, a well social connection can raise happiness and reduce negative emotion. It should be notice that social connection is a circle, giving can be treated as a part of social connection, a people may feel happiness with the process of giving, but the people who is receiving may not willing to be received, and this can’t be regarded as a well social connection. If the people continue giving without being considerate of others, conflict would break out some day, and that’s why I didn’t choose “giving” as my topic. In my article, I will focus on how to build a good social connection, and get happiness and other positive feeling through the relationship. I also want to give a brief discussion about how does strangers influence our feeling. For example, I saw an old lady walking her dog, I told her I love her dog because it is cute and pretty, the old lady was happy and smile at me. In further, we can choose the environment to improve our feeling, like we can go to the school library if we feel tired to study at home. I feel more powerful in the school library than at home. In addition, I want to connect with mindful self compassion to talk about getting the *real happiness*, or the *long-term happiness*. Having fun with friends like playing online games can easily bring happiness to us, but some time after the activity we may feel we were just wasting the time. Self compassion gives a way to recognize, refuse and correct these social connections that looks good but not the type we need.

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