

DOES MONEY MAKE YOU HAPPY?

Watch the [video](#): “Would Winning the Lottery Make You Happier?” by Ted X.

1 IF YOU WON THE LOTTERY...?

Task 1: What physical items would you buy if you won the lottery?

1. _____
2. _____
3. _____
4. _____
5. _____

Task 2: What experiences would you want to have if you won the lottery?

- a. _____
- b. _____
- c. _____
- d. _____
- e. _____

Task 3: Discuss the following lead-in questions as a class.

1. How do you feel on payday?
2. What factors, besides money, do you think contribute to a person's happiness?
3. Do you think people in wealthy countries are happier than those in poorer countries?



2 VIDEO VOCABULARY

Task 1: Match the words from the box to their definitions.

ecstatic hedonic adaptation adversity inhibit influx

1. The human tendency to return to a baseline level of happiness despite major life changes. **Hedonic adaptation.**
2. Difficulties and challenges in life. **Adversity.**
3. To stop or slow down a process or action. **Inhibit.**
4. A mass arrival of something into a particular place, system, or person. **Influx.**
5. Overwhelming joy or intense delight. **Ecstatic.**

Task 2: Complete the sentences using the words from task 1.

- a. Despite the new car excitement, **hedonic adaptation** set in, and it soon felt like any other vehicle.
- b. Winning the lottery made Tom **ecstatic**.
- c. Facing financial **adversity** after the job loss, she remained positive and focused on finding new opportunities.
- d. High credit card debt can **inhibit** happiness by limiting spending on enjoyable experiences.
- e. The unexpected inheritance led to an **influx** of wealth, bringing a feeling of happiness as he now had the ability to address financial concerns.

Task 3: Practice using the words by answering the following questions.

1. What events or achievements make people truly **ecstatic**?
2. What is **hedonic adaptation**? When may people experience this feeling?
3. When was the last time you faced **adversity**? What was the outcome?
4. In what ways can financial stress **inhibit** people from pursuing their goals?
5. How do you feel when you receive an **influx** of tasks at work?



3 VIDEO QUOTES

Task 1: Complete the quotes from the [video](#) using the words from the box.

air	ecstatic	well-being	hedonic adaptation
wind up	novel	donated	others

1. Will winning the lottery make you happier? Imagine winning a multi-million dollar lottery tomorrow. If you're like many of us, you'd be **ecstatic**, unable to believe your good luck. But would that joy still be there a few years later? Maybe not.
2. Studies have confirmed that our emotional **well-being**, how often and how intensely we feel things like joy, sorrow, anxiety, or anger, don't seem to improve with wealth or status beyond a certain point.
3. The novelty of better food, superior vacations, and more beautiful homes can at first make you feel like you're walking on **air**, but as you get used to those things, you revert to your default emotional state.
4. So while **hedonic adaptation** may inhibit our enjoyment of positive changes, it seems to also enable our resilience in recovering from adversity.
5. Winning the lottery may not make us happier in the long run. It can be difficult to manage large sums of money, and some lottery winners **wind up** spending or losing it all quickly. It can also be socially isolating.
6. Findings show that we adapt to extrinsic and material things, like a new car or a bigger house, much faster than we do to **novel** experiences, like visiting a new place or learning a new skill. So by that reasoning, the more you spend money on experiences rather than things, the happier you'd be.
7. The happiness levels of those who had spent the money on **others** were significantly greater than that of those who had spent it on themselves. And that seems to be true around the world.
8. In over 90% of these countries, people who **donated** tended to be happier than those who didn't. But this may all be easier said than done. Let's say a million dollars falls into your lap tomorrow. What do you do with it?



4 VIDEO ANALYSIS

Task 1: Decide if the following statements based on the [video](#) are true or false.

1. According to a study of 22 lottery winners, their average levels of happiness increased significantly months after winning. **F**
2. The phenomenon known as hedonic adaptation suggests that our emotional well-being tends to improve with increased wealth and status. **F**
3. People who have suffered accidents that left them paralysed tend to report lower levels of happiness several months after the accidents. **F**
4. Hedonic adaptation makes individuals more emotionally sensitive to positive changes and less resilient in recovering from adversity. **F**
5. Winning the lottery is not socially isolating, and winners often experience positive social interactions due to their newfound wealth. **F**
6. Wealth has been shown to have a positive impact on people's generosity and kindness towards others. **F**
7. Spending money on experiences is more likely to bring long-term happiness than spending money on material things. **T**
8. According to a study, participants who spent money on themselves reported greater happiness levels than those who spent it on others. **F**

Task 2: Discuss the following questions as a class.

- a. According to the concept of hedonic adaptation, why doesn't winning the lottery lead to constant happiness?
- b. In what ways can managing large sums of money be challenging for lottery winners, and how does it impact their well-being?
- c. How do social isolation and strained relationships affect the long-term happiness of lottery winners?
- d. Do you agree that spending money on experiences contributes to greater and longer-lasting happiness? Share your experiences.
- e. Discuss the link between spending money on others and increased happiness. Do you agree with this idea? Share your own experiences.
- f. If given a million dollars, would your spending decisions align with the principles discussed in the video? What would you do to maximise long-term happiness?
- g. Give your overall thoughts on the idea that money can buy happiness.

5 LET'S DEBATE

Task: Study the statements, then decide if you agree or disagree with them. Use the language in the table at the bottom of the page to help structure your answer.



John

As a dad of three, I firmly believe that money not only provides stability but also directly contributes to family happiness. Financial security allows for a comfortable home environment, quality education, and experiences that enhance our well-being.



Oli

In my entrepreneurial journey, I've experienced that financial success directly boosts my emotional well-being. Achieving milestones and building wealth provides a sense of accomplishment and significantly contributes to a fulfilling life.



Beth

Having been successful in the business world, I've learned that financial comfort allows for more than personal enjoyment. The lasting joy I find comes from making a positive impact on the lives of others, showing that money can be a powerful tool for spreading happiness.



Amy

In my experience, financial stability doesn't bring freedom. Instead, it has led to me constantly feeling overwhelmed as the responsibilities associated with managing wealth increase, contributing to a sense of stress rather than happiness.

Express an opinion It seems to me that... I feel that... I'm absolutely convinced that... In my opinion,... I believe / suppose / feel (that)...	Express disagreement I don't agree with you about... I can't accept your view that... I have a different opinion... I'm not sure if... I'm not convinced that...
Express pro's and con's There are two sides to this point... On the one hand...,on the other hand... An argument for / against is... Some people think that...,others say that... The advantages / disadvantages are...	Summarise So, in conclusion... To summarise.. Overall, it is clear that... As a result.. The bottom line is...

6 HYPOTHETICAL SITUATIONS

Task: Discuss the following hypothetical situations as a class.

1. Read and understand each situation.
2. Decide what you would do, or what the imaginary people should do.
3. Explain your reasoning, and have fun!

Situations:

Sarah is faced with two job offers. One offers a high salary but involves long working hours and high stress, while the other pays less but allows for a better work-life balance. Discuss whether the higher salary and potential financial security would lead to greater happiness, or if the lower-stress job with more personal time would contribute more to overall well-being.

Emily is torn between two choices: using her wealth to live a luxurious life or starting a foundation to support various charitable causes. Discuss whether the pursuit of personal comfort and pleasure brings more happiness than the satisfaction gained from making a positive impact on the lives of others.

Two friends, Chris and Jordan, have similar lifestyles, but Chris constantly compares their belongings and experiences. Even though both have enough to meet their needs, Chris feels discontent due to constant comparison. Discuss the role of relative wealth and social comparison in determining happiness.

Sarah diligently saves and invests throughout her career to retire comfortably. On the contrary, Jake prefers to live in the present, spending his money on immediate pleasures rather than saving for the future. Discuss whether a focus on financial security and future situations, such as retirement, brings more happiness than enjoying life in the moment.

Rachel decides to start her own business, taking financial risks in pursuit of her passion. Meanwhile, David chooses a stable job with a consistent income but less excitement. Delve into whether the potential financial rewards of entrepreneurship lead to greater happiness compared to the stability of a traditional career.



HOMework

Read the article, then complete the exercises on the following page.

1 DOES MONEY BUY HAPPINESS?

The relationship between money and happiness is a perennial topic of debate. While some argue that money can indeed buy happiness, others argue that true happiness comes from material wealth.

Proponents of the idea that money can buy happiness often point to the benefits that financial stability provides. Adequate income enables individuals to meet their basic needs, such as shelter, food, and healthcare. Without the constant worry about survival, people can focus on personal growth, relationships, and leisure activities. A certain level of financial comfort can also contribute to a sense of security and reduce stress, positively impacting mental well-being.

Moreover, money facilitates access to experiences and opportunities that can enhance one's life satisfaction. Travel, education, and leisure activities often require financial investment. Having the means to explore different cultures, acquire new skills, or enjoy recreational pursuits can contribute significantly to a person's overall happiness.

However, the correlation between money and happiness is not simple. Once basic needs are met, additional wealth may have diminishing returns on happiness. Adaptation and the hedonic treadmill theory suggest that individuals tend to get used to the increased income and possessions, experiencing only temporary boosts in happiness. Consequently, the

pursuit of material wealth alone may not be a sustainable source of fulfilment.

Conversely, critics of the notion that money buys happiness argue that true well-being is rooted in non-material aspects of life, such as meaningful relationships, personal growth, and a sense of purpose. While financial stability is undeniably important, it is only one factor among many that contributes to a satisfying life.

Research indicates that strong social connections and a sense of community are integral to happiness. Spending time with loved ones, fostering positive relationships, and contributing to the well-being of others can have a profound impact on one's overall happiness, often transcending the influence of financial wealth.

In conclusion, the relationship between money and happiness is nuanced. While financial stability and resources do play a role in individual well-being, they are not the sole determinants of happiness. Striking a balance between meeting material needs and non-material aspects of life seems to be the key to achieving a sustainable and fulfilling sense of happiness. Ultimately, the pursuit of a meaningful and happy life involves a holistic approach that incorporates both financial considerations and the richness of human experiences.



2 ARTICLE-BASED EXERCISES

Task 1: Define the words and phrases, then use them in your own example sentences.

1. proponents
2. hedonic treadmill.
3. fulfilment.
4. integral.
5. correlation
6. nuanced.
7. determinants.
8. holistic approach.



Task 2: On a separate piece of paper, write detailed answers to the following questions.

- a. According to proponents, what benefits do financial stability and adequate income provide in terms of happiness?
- b. How does financial comfort contribute to an individual's mental well-being, according to the article?
- c. What experiences and opportunities does money facilitate, and how do they impact life satisfaction?
- d. What potential downside is mentioned regarding the correlation between money and happiness, particularly in relation to increased wealth?
- e. According to critics, what are the non-material aspects of life that they argue are crucial for true well-being?
- f. In the article, what role do social connections and a sense of community play in happiness?
- g. What does the article suggest about the long-term impact of the pursuit of material wealth alone on happiness?
- h. According to the article, why is financial stability considered important, but not the sole determinant of happiness?
- i. How does the article propose striking a balance between material needs and non-material aspects for achieving happiness?
- j. In the conclusion section, what is highlighted as the key to achieving a sustainable and fulfilling sense of happiness?

