



## Fact Sheet

### What Makes You Happy?



#### GUESTS:

**Dr Russ Harris** – Russ’ background is in medicine. He qualified as a doctor in 1989 in the UK, and migrated to Australia in 1991, where he set up a GP service in Melbourne. He grew ever tired of writing prescriptions and became increasingly fascinated as to the psychological aspects of mental illness. This interest led to a career change. He now works in two different, yet complimentary roles: as a therapist and as an executive coach. He has a best-selling book *The Happiness Trap*, and runs workshops around Australia.

**Anna Box** – Anna believes that “psychology is at play wherever communication occurs” and she therefore loves to apply the principles of psychology to shape engagement strategies. She has 12 years experience in consulting with local and international clients; representing blue chip commercial, government, and not-for-profit sectors. She was Research Director and then Partner with one of Australia’s leading brand and communications research agencies. She has exposure and experience in various settings including mental health, drug & alcohol and neuropsych settings. She is currently a member of numerous bodies such as Society of Consumer Psychology, APS and International Positive Psychology Association. She currently works as a psychologist with the AFL Players’ Association.



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### STATISTICS:

- According to the AMP Nastem Income and Wealth Report, Australians are amongst the most satisfied people in the world, with almost 90% satisfied or very satisfied with their lives.
- Having children may increase happiness; and people from bigger families tend to be happier than those of/from/with fewer children.
- Australian workers are happy with their security, flexibility and the nature of their jobs, but are becoming more and more dissatisfied with hours and pay.
- 17% are working more than 50 hours per week and 30% are working part time.
- Overall Australians are most satisfied with their safety (44%), their home (42%) and their neighbourhood (36%), followed by their job (30%) and their health (26%). They are, however, least satisfied with their financial situation (42%), their levels of free time (41%) and their community involvement (40%).
- Australia ranks equal third with Sweden and the USA with overall life satisfaction at a rating of 7.9 out of 10. Australia are behind only Ireland, Norway and Denmark (equal first) and Finland and Canada (equal second).

### USEFUL ADDITIONAL READING:

- <http://www.thehappinessinstitute.com/>
- <http://www.smh.com.au/comment/healthy-wealthy-but-australians-could-be-happier-20131026-2w8f9.html>

### USEFUL WEBSITES

- [www.thehappinesstrap.com](http://www.thehappinesstrap.com)
- [www.actmindfully.com.au](http://www.actmindfully.com.au)
- [www.gustosessions.com](http://www.gustosessions.com)

### REFERENCE:

- <http://www.multicover.com.au/australia-still-the-lucky-country-with-australians-happier-than-global-peers-2/>
- <http://www.smh.com.au/business/australia-the-worlds-happiest-nation-oecd-20130528-2n87z.html>