

A study suggests that people feel happiest in the mornings, and that midnight is the time we feel the bluest. Researchers from University College London conducted a comprehensive study on mood, frame of mind, and mental well-being at varying times of the day. They asked test participants to rate their feelings of happiness, overall satisfaction with life, and to what degree they thought life was worthwhile. The researchers concluded that: "Generally, things do seem better in the morning." They said: "Across a diverse sample, we repeatedly saw mornings align with better mental health and midnight with the lowest." This was so even when accounting for differences in individual characteristics."

The researchers also investigated which days of the week we felt happiest. They suggested that we feel happiest on Sunday mornings, when feelings of anxiety are more subdued. This is perhaps attributable to people having the chance to unwind on Saturdays. People are also more likely to have fun on Saturdays. Perhaps they splash out on something nice while shopping, or get together with friends. This has a positive impact on making us feel happier the following day. The researchers posited that other "drivers" could affect our feelings of positivity. These include the seasons, "weather (temperature, precipitation, humidity...) as well as various sociocultural cycles".

How do these things affect your mood and happiness? Why?

	How	Why?
Time of day		
Money		
Family		
Friends		
English		
Weather		

Paragraph 1

1	conducted	a.	Covering every point; complete.
2	comprehensive	b.	Changing or being different.
3	frame of mind	c.	Did or carried out something.
4	varying	d.	A level or amount of something.
5	overall	e.	In general, looking at everything together.
6	degree	f.	A small part of something used to learn about the whole.
7	sample	g.	The way someone feels or thinks.

Paragraph 2

8	investigated	h.	Rain, snow, or other water falling from the sky.
9	anxiety	i.	Caused by something.
10	subdued	j.	To relax after being busy or stressed.
11	attributable	k.	Looked into or studied carefully.
12	unwind	l.	Feeling very worried or nervous.
13	splash out (on)	m.	To spend a lot of money on something special.
14	precipitation	n.	Quiet; not strong.