

THE WCR LEARNING COMMUNITY

This project is made possible through funding from the Government of Canada and the Province of British Columbia.

Canada



WelcomeBC



Happy people live longer.
Photo: M@rg / CC, Flickr

Helpers are happier

Adapted from *The Province*

Level 3

Are happy people healthier?

Are all happy people the same?

Scientists studying human genes wondered about these questions. They studied the genes of people who said they are happy. The scientists found that two kinds of happiness change the ways our genes turn on and off.

Some people are happy because they please themselves. Pleasing yourself turns on genes that give you high inflammation. Inflammation is bad for their heart, brain and immune systems.

People who are happy because they help other people turn on genes that make their body more resistant to diseases. They are healthier and live longer.

Are you happy? Are you healthy? Do you help others?

Click [here](#) to watch this video. Listen to Alycia tell you how helping people can boost your immune system.

Click [here](#) to learn about 19 healthy reasons to help others.

Study: Happiness improves health and lengthens life. Click [here](#) to find out more about this study.



Active people live longer.
Photo: Jaydot / CC, Flickr

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Exercise

Draw a line under the right word to finish the sentence.

1. Scientists wondered about these questions / answers.
2. They studied people who said they are angry / happy.
3. Inflammation is good / bad for their heart, brain and immune systems.
4. People who are happy because they help / harm other people are healthier.

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Answers

1. questions
2. happy
3. bad
4. help