

*Happiness.*



*Happiness can be found even in the darkest of times, if one  
only remembers to turn on the light.*

Albus Dumbledore, *Harry Potter and the Prisoner of Azkaban* (J. K. Rowling)

## Welcome from the Head of House

Welcome to the 2023 Lee House Magazine on the theme of 'Happiness'.

I would like to take this moment to personally thank all those in Lee who submitted work for our House Writing Magazine. Congratulations to all those students whose work has been selected – well done! House Writing, as always, arrives at a busy time in the academic year, so the support, diligence and dedication of the production team is very much appreciated. Special thanks goes to our editorial team of Toby, Alex, Johan, Partaap, Daniel, Ajan, Rudhran and Krishanu who have done a fantastic job in editing and producing the magazine. It would not be possible without you.

Happiness can never be underestimated or overrated. In a time when we are increasingly aware of the importance of mental health, it is perhaps even more vital to consider questions such as, what is happiness? And, how can we be happy? Ideas around the pursuit of happiness have long been pondered by philosophers, writers, and artists across the ages. In this edition you will discover the musings, ideas and reflections from the students in Lee House as we explore happiness.

I hope you enjoy reading this year's Lee House Writing Magazine.

*Mrs K. Harris, Head of Lee House* 😊

## Welcome from the Editor

Salutations, and the warmest of welcomes to the publication you've all been waiting for, the absolute highlight of the literary year. After hours of having to dredge through all the other Houses' magazines, what could inject more of a burst of happiness into your day than the wonder that is 'Lee House Writing'? Over the past weeks, the members of Lee House have been hard at work writing pieces of every genre on the theme of happiness for your delectation: poems, stories, scripts, recipes, articles and more. And they've done that in seven different languages.

"Writing? What's that? Doesn't AI do that these days?" I hear you ask. Well, we at Lee House like the old-fashioned way of doing things (so much so we have a piece in Latin). Just as there is no science to happiness, there is no set formula to writing we can teach a robot. It is too complicated; it needs the human touch. So, please enjoy a trip back in time to the days of proper writing, of actual people sitting down at their desks, staying there for hours deciding what to write, writing and rewriting draft after draft until the fruit of their literary labours finally ripens to something fit for the fruit salad of the gods.

## Credits

Toby – Editor Optimus Maximus

Alex – Second-in-Command

Johan – Artistic Director

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## **Happiness: What Actually Have We Been Writing About?**

### **A Way of Life**

Happiness, elation, merriment, felicity, jubilation, gaiety is a wonderful thing! It fills your heart and soul with pure joy, leaving you with a sense of contentment and peace. It's a state of mind that brings a smile to your face and lightness to your step. You can find happiness in the simple things in life: a warm hug from a loved one, a beautiful sunset, a good book or a hot cup of coffee. It's the sound of children laughing, the smell of freshly baked cookies and the feel of soft grass beneath your feet. Happiness can also be found in the big moments in life: a graduation, a wedding, the birth of a child. It's the feeling of accomplishment and pride that comes from achieving a goal or realising a dream. However, happiness is not just about the good times. It's about finding peace and contentment even during difficult times. It's about having the strength to overcome challenges and the resilience to bounce back when life knocks you down. Ultimately, happiness is a journey, not a destination. It's something we must actively pursue and cultivate in our lives. By focusing on the positive, practising gratitude, and embracing the present moment, we can find happiness even in the most challenging of circumstances. And when we do, we discover that happiness isn't just a fleeting feeling: it's a way of life.

*Ayaan, Lee 11*

### **A Choice We Make Every Day**

Happiness is that elusive feeling we all long for. It seems like the more we chase it, the more it slips away. But when it finally graces us, it is like a warm embrace that fills us with a sense of joy and contentment that cannot be replicated.

Happiness is the sunshine breaking through the dark clouds, the melody that soothes and uplifts our souls, a feeling that we all yearn for in our lives. It is the ultimate goal that we strive to achieve, and yet so often it remains just out of reach.

But what is happiness? A fleeting moment, or a state of being we can attain? I believe it is the latter, a state of being that we can achieve and maintain in our lives. It is not something that can be bought or acquired through material possessions, but rather a mindset we cultivate within ourselves.

To be truly happy, we must first learn to love ourselves and be content with who we are. We must learn to appreciate the little things in life and be grateful for what we have. It is in these moments that we can truly find happiness, for it is not found in external things, but within ourselves.

Happiness is a journey, not a destination. It is a choice that we make every day, to find joy and contentment in even the most mundane of tasks. It is in the small moments that we find happiness: in the laughter of a child, the warmth of the sun on our skin and the comfort of a loving embrace.

So let us strive towards happiness, not as a destination to be reached, but as a way of life to be lived. Let us cultivate joy and contentment within ourselves, and let it radiate outwards to those around us. For, in the end, happiness is not something that we can find, but something we create within ourselves.

*Joel, Lee 12*

**Le Bonheur: un Acte Altruiste ou un Désir Égoïste?**

Le bonheur,  
Qu'est-ce qu'on veut dire par le bonheur?  
L'argent, le pouvoir, l'amour?  
Peut-être que c'est juste un sentiment,  
Juste le fruit de notre imagination,  
Ne vaut rien,  
Ou vaut quelque chose.

Peut-être que le bonheur a un sens,  
Mais à qui cela va-t-il aider?  
Sauf vous-même.  
Le bonheur peut être un désir égoïste.  
Ceux qui recherchent le bonheur ne  
recherchent que le bonheur pour eux-  
mêmes,  
Pas comme un acte altruiste,  
Mais comme un désir égoïste.

Lorsque vous êtes heureux,  
Vous vous sentez mieux, travaillez mieux, vivez  
mieux.  
D'autres ne ressentent pas le bonheur.  
Certains sont sans abri,  
Et souffrir,  
Leur vie est une douleur,  
Ils ne ressentent jamais aucune sorte de  
bonheur,  
Même pas pour une seconde.  
Mais pour toi, tu as vécu avec bonheur et tu  
t'es senti bien.

Bonheur,  
Un désir égoïste,  
Pas un acte altruiste.  
Pensez-vous parfois à ceux qui souffrent?  
Vous arrive-t-il de penser que tout le monde  
n'est pas content?

**Happiness: a Selfless Act or Selfish Desire?**

Happiness,  
What do we mean by happiness?  
Money, power, love?  
Maybe it's just a feeling,  
Just the fruit of our imagination,  
Is worthless,  
Or worth something.

Maybe happiness has a meaning,  
But who will it help?  
Except yourself.  
Happiness can be a selfish desire.  
Those who seek happiness only seek happiness  
for themselves,  
Not as a selfless act,  
But as a selfish desire.

When you are happy,  
You feel better, work better, live better.  
Others do not feel happiness.  
Some are homeless  
And suffer,  
Their life is a pain,  
They never feel any kind of happiness,  
Not even for a second.  
But for you, you lived happily and you felt  
good.

Happiness,  
A selfish desire  
Not a selfless act.  
Do you sometimes think of those who suffer?  
Do you ever think that not everyone is happy?

*Keeren, Lee 9*

## Abstract Happiness

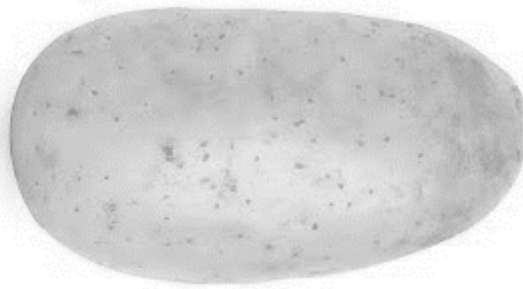
Meet Sado, a potato just like any other potato. He has spent his whole life wandering the world; however, during all this time travelling, he had been seeking one thing: *happiness*.

One day, he overheard some squirrels talking and, intrigued, asked them, "What is happiness to you?" to which one of them replied, "My friends." And so Sado went to his friends, questioning, "What is happiness to you?". Cado, his best friend, replied, "Nature, and life". This left Sado wondering, but he soon went on holiday to the seaside, where he met various sea creatures that had different views on what happiness was.

Some clams told him that happiness was determined by how rich, wealthy and how powerful you were; however, a shark said that, "Happiness is whether or not you eat enough food". A salmon told him that happiness was meeting with your loved ones. With all these thoughts, Sado felt that this trip had been a complete failure. Trying to cheer himself up, he then realised that happiness was unique to everyone, from friends and family to luxury items, but they are all summed up under one big cloud - what you enjoy, and what gives you pleasure.

With this new knowledge, he returned home to tell his parents, only to find that they too, inspired by Sado's thirst to find out what "happiness" was, had gone on holiday: to find out what 'sadness' was.

*Lucas, Lee 8*



## Was Ist Glücklichkeit?

Glücklichkeit ist das Gefühl von Positivität und Vergnügen. Es ist die Idee, Freude und Begeisterung in Momenten des Lebens zu finden, die von kurzen, aber süßen Momenten bis hin zu langen Momenten reichen. Glück ist wie die Kerze im Dunkel – es verleiht uns in unseren dunkelsten Tagen ein Gefühl der Gelassenheit und des Optimismus und steckt die Menschen um uns herum mit seinem süßen Duft von Positivität und Ruhe an.

## What Is Happiness?

Happiness is the feeling of positivity and pleasure. It's the idea of finding joy and enthusiasm in moments of your life, ranging from short but sweet to long moments. Happiness is like the candle in the dark: it provides us with a sense of serenity and optimism even in our darkest days and infects those surrounding us with its sweetened fragrance of positivity and tranquillity.

*Harish, Lee 10*



## Happiness Lost

### Bridges

I build all our bridges  
To connect with other worlds  
To bring joy to all our days  
But if I don't lift us up,  
They shatter all our towers,  
Because I didn't help all of them enough.

I build our bridges  
To strengthen our connections  
To brighten our darkest days  
But if I don't shine for them,  
They snap the suspenders,  
Because I didn't shine bright enough.

I build your bridges  
So you can meet new people  
So you can get ahead of everyone else  
But if I can't further you,  
You snip the cable,  
Because I didn't create your dream day.

I build my bridges  
So I can keep strong  
So I can keep on building more  
But when I can't any longer,  
When they've smashed the deck,  
And when you've destroyed the anchor,  
I break the foundations,  
Because I don't want to be hurt anymore.

"O Anne,  
Yardım edin lütfen,  
İnsanların beni benim için sevmesini istiyorum."  
I have no more bridges to build,  
For them or for me.  
So I sit on my lonely island, the only place where I am "free".

Selim, Lee 11

### The Absence of Happiness

Amidst the dull and empty days,  
Where joy and laughter rarely plays,  
A lonely shadow lingers near,  
It's the absence of happiness, yet its figure is  
so clear.

No more hugs or joyful smiles,  
Just emptiness, and pain not worthwhile,  
The heart gets heavier, faces frown,  
Heavy are our heads without a crown.

Ekundayo, Lee 9

## Happiness Regained

### Emotionless World

In a distant society, emotions did not exist. Humans went about their daily lives with a sense of indifference and never felt proper emotions: no love, no anger, no sorrow, no joy. They simply existed, without the burden of emotions, without ever having truly lived.

Emptiness.

Amongst the crowd lived a strange man who felt a strong sense of discontent. Day and night, he was desolate. He lived in what was the last remaining forest, a grain of sand in the technologically modern society. As you see, the world was once rich with wildlife, yet slowly everything changed. People had forgotten the ancient ways of living. Over time, the world modernised and grew into a place where it was difficult to not be surrounded by technology. Humans had developed a robotic lifestyle - they would systematically wake up, go to their jobs, go home, go to bed and repeat the cycle. They still had 'free will', of course. They could visit a park or play a video game, but most could not feel anything. They lived in harmony, and nothing was out of place.

The man was rare in the sense that even in this world without emotions, he was desolate. It was just another day for him until he discovered a flower blossom, one which was prehistoric and thought to have gone extinct. Something that could disrupt the harmony of the world. He crouched down and looked at the hypnotic beauty of the flower, which had vibrant and cheerful petals.

Little did he know that this flower had the power to bring back all the emotions in the world.

The man chose to leave the flower alone, and for some time it was forgotten. A few days later, he discovered the flower had reproduced into multiple. Several flowers, similar to the original, had sprouted, each one as alluring as the last. The petals hugged each other, displaying a vibrant shade of pink. This made the man do something weird: his facial muscles crunched up into what was once known as a 'smile'. However, this soon faded when he saw the vegetation surrounding the family of flowers had dwindled into barren and cracked land. The flower was sucking up the nutrients all around it. Birth amidst death. It was a tragic sight, but it bewildered the man. The man had been reborn. His mind ran wild with emotions, and he cried tears of joy as he no longer felt empty.

The revolution had begun. The man who could finally feel again let the flowers bloom. Over time, the flowers consumed the world. People became mesmerised with the beauty and grew emotions. They laughed and cried. They suffered and felt anger. But it was a price to pay for happiness.

*Ajan, Lee 12*

### We Can't Go Back...

We never knew it was the high  
Hugs, smiles and cheers  
But you leave them all behind  
We Can't Go Back  
Relationships change  
Music can't transport your soul

In the room, there's always an open window  
We Can't Go Back  
So move forward  
Let yesterday shape today  
And as we move we say  
We Can't Go Back

### ...and Its Associated Ramblings

We never knew it was the height of life. How could we? The bliss of the time hidden behind the lie fed to us before it was born. To grow, mature and be better than the age we are. Toddlers copy their parents, tweens try to swoon their seniors and young adults sneak into clubs, yet we only lose in all this. Lose time, lose the chance to not care. Everyone always says ignorance is bliss, but the delusion of the sentiment quashes any anxiety we dare feel. Ignorance has to be bliss; if it isn't then we must be horrible beings, closing our eyes to the already fake world around us. A world that, purposefully or not, sucks the life from us. Till our footsteps turn to shuffles and we collapse. Everything collapses, and the kicker comes in on how quickly that relationship falls apart, how quickly they move away and how quickly it disappears. Contrary to the theme, I know, but you need to know the despair that the world potentially holds to appreciate tomorrow. Despite all I have said, tomorrow will still come. Whether you live with sunglasses on or take time to know and absorb every piece of information, what you do today will hold tomorrow hostage. Tomorrow doesn't exist without today and yesterday, and only one of those ideals is fixed and static. If there is one fact you need to know, one idea that you need to accept, it's that we can't go back. We never knew it was the height of life, but tomorrow can be made to be the new high. The loss of innocence can be used to uphold the future.

*Bow, Lee 13*

## The Lee House Cookbook

### A Recipe for Happiness

#### Ingredients:

- A cup of a positive mindset
- A tablespoon of gratitude
- A dash of self-respect
- A handful of supportive relationships
- A pinch of adventure
- A spoonful of laughter
- A sprinkle of physical activity
- A dollop of relaxation



#### Instructions:

1. Preheat your mind to a favourable temperature by focusing on the good things in your life. Be grateful for what you have and try to see the bright side of any situation.
2. Add a dash of self-respect to your mix by practising self-care and being kind to yourself. Treat yourself to something that makes you happy and appreciate your own unique characteristics.
3. Sprinkle in supportive relationships by spending time with loved ones who lift you up and encourage you. Connect with people who share your interests and values.
4. Add a pinch of adventure by trying something new or stepping out of your comfort zone. Embrace new experiences and challenges that make you feel surreal.
5. Stir in a spoonful of laughter by finding joy in everyday situations and laughing with friends or family. Watch a funny movie or read a hilarious book.
6. Incorporate a sprinkle of physical activity by engaging in exercise or movement that makes you feel good. Go for a walk or run, do some stretches or play a sport.
7. Add a dollop of relaxation by taking time to unwind and de-stress. Practise meditation, take a bath or read a book.
8. Mix all ingredients together with care and attention and let it simmer for as long as necessary. Adjust the recipe to your personal taste and savour the results.

*Ishan, Lee 10*

## How to Be Happy

This is one of my favourite recipes for happiness; despite the wide variety of potential recipes, this one always pleases, perfectly hitting the sweet spot.

### Ingredients:

- 200ml personal gain
- 150g material gain
- 3 whole friends (if unavailable then family is a good substitute)
- 100g serotonin
- 200g dopamine
- 100g endorphins
- 2 fun hobbies
- 1 completed homework assignment
- 1 day off school (ensure it is ripe, as otherwise it may turn into online learning and ruin the dish)
- A sprinkle of success
- 1 video game (don't let your parents touch this ingredient as it may get tainted)

### Instructions:

1. Take the endorphins, dopamine and serotonin and mix in a bowl with the friends.
2. Use the personal gain to mix it together into a fine paste, adding material gain as you go.
3. Take your paste, layer it on a baking tray and wait 30 minutes for this to dry. Then move this to the side.
4. Take your fun hobbies, video game and day off school and whisk in a bowl until there are no lumps. Dice your completed homework assignment and mix in.
5. Pour this over the rest of the dish and sprinkle on the success. Bake at 180°C for 2 hours 30 minutes in the oven.
6. Take out of the oven and slice evenly to see the insides. If the inside is firm and golden-coloured you have successfully made happiness. Best served hot with custard or cream.

*Alex, Lee 13*

## Looking to Nature

### The Joy of an August Morning

The tweeting of birds at dawn,  
Summer flora forming,  
Waking up to sunny heat,  
The joy of an August morning.

The dreamy relax of sleeping in,  
Leaving for the beach soon,  
Putting the sunscreen on your skin,  
The joy of an August afternoon.

The delight of sport in the sun,  
The soothing summertime feeling,  
Merry days full of fun,  
The joy of an August evening.

The cold duvet in the warm air,  
Shutting off the bright light,  
A sleep without responsibilities there,  
The joy of an August night.

The tweeting of birds at dawn,  
Summer flora forming,  
Waking up to sunny heat,  
The joy of an August morning.

*Mateusz, Lee 9*



## Too Much Happiness Can Be Poison

Hours after dawn had broken and the sun had revealed itself from the warm, blue sky, he ambled down the woodland path, whistling a jolly tone. He had to take this shortcut through the luscious forest to reach the station on the other side. As he made his way forward, the welcoming smell of dry foliage found its way into his nostrils while wisps of silence embraced his ears along with the occasional bill-clattering from a young stork. Feeling a soft tingle run down his spine, he increased his pace, not bothering to even look where he was walking.

Snap!

Quiet as it was, he had clearly heard that sound. Nonchalantly, he looked over his shoulder into the patch of bushes directly behind him. A pair of bright, red, comforting eyes looked straight back at him: into the depths of his skull; into the depths of his soul. Overwhelmed by the solace, he instinctively started ambling away from that holy beast hiding among the bushes.

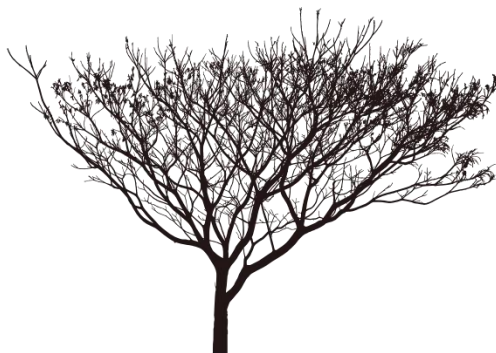
Storks circled above his head and sang melodious music, easing his ears.

Clouds disappearing, sun beaming, sky smiling, he slid across the plump moss covering the fresh bark littering the bright forest floor. He could not risk turning around for even a moment. Twigs – like fingers – reached out for his face, trying to drag him back to the home of happiness. Panting, he was forced to an abrupt pause as he saw a fork in his path. No time to waste. Tasting the feeling of escape on the tip of his tongue, he took his chances and went right. Sprinting, the feeling of relief started flowing into his body.

The ever-familiar noises of vehicles and people embraced him as he finally walked into the station. It wasn't chasing him anymore. He had no reason to worry. Surely? Radiating, the bright light from the streetlamps entered his vision and dragged him back to reality, like a light leading a pilgrim. Slowly, he ambled across the concrete and took in large breaths of the cold, night air while clutching his chest, attempting to finally compose himself and regain comfort. He was back to normal.

After waiting at the station for what seemed like decades, the train rolled to a halt and he finally left that lovely location. Curious, he took one look behind him before stepping foot onto the train. He saw them. They looked back.

*Abdullah, Lee 10*



## A Place Called Happiness

Far from any land, right in the corner of the earth, lies a place called happiness. Golden waterfalls cascade gently down picturesque hillsides, feeding into giant lakes whose water is so clear you can see the majestic fish dancing beneath. Tall trees tower over the landscape, left to grow for centuries since there are no inhabitants to fell them. Their vast network of branches seems to be interlinked, their wooden fingers locked with the next in line, their lush leaves whispering in the gentle breeze. The fine sand on the beaches seems to pulsate as though it were breathing in the salty sea air. The nighttime sky is more beautiful than one could possibly fathom. The stars lie on the deepest black fabric, their light illuminating the whole land; as their strong beams of light touch the surface it glows.

*Charlie, Lee 10*

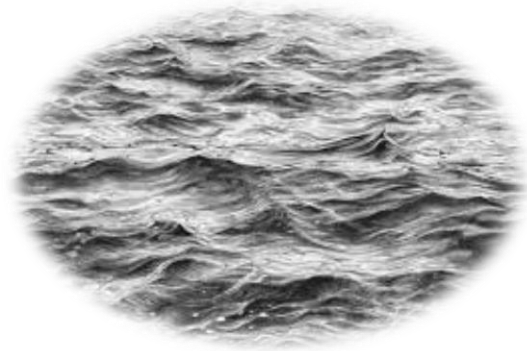
## The Vast Ocean

Happiness is the eternal ocean,  
It comes in so many beautiful forms,  
From complete peace to utter commotion,  
From no waves at all to raging black storms.

A sil'nt sea is a peaceful contentment,  
It is quiet and subdued, in patience.  
No complex great thoughts, and no resentment,  
No achievement to cause smug complacence.

And then the winds of excitement blow forth,  
Sweep your ideas into sea hurricanes,  
In joy you jump up with the crazy thought.  
You have lost the present moment again.

Thrilled happiness can enchant you away,  
But be content, careful t'stay in this day.



*Benjamin, Lee 8*

## Paths to Happiness

### Hygge: Løsningen eller Elitaer Nonsens?

*En familie på sofaen, foran ildstedet, hvis taler og griner sammen. En gruppe af venner, hvis synger karaoke sammen i deres pyjamasser.*

For mange dansker, disse billeder er eksempler af en vigtig koncept: hygge indeholder tingene hvad gør man føler komfortabel, især med venner og familie. Danskerne forstår, at vi klarer os med lidt hjælp fra vores venner (ja, de elsker også De Fantastiske Fire derover).

Sådan en ord eksisterer ikke på engelsksproget - koncepten er helt dansk, og en vigtig del af deres kultur.

Nogle personer har kritiserede koncepten fordi det er måske for bourgeoisi. Men denne personer misforstår idéen af hygge; kashmir strømper og bjælkehytter er ikke essensen af hygge. Hvis man føler komfortabel, både mentalt og fysisk, det er 'hygge'.



Alligevel, man må acceptere at, fordi mange personer har havde vanskeligheder med penge, lykke er sjældnere end tidligere. Der er mange niveauer på behovspyramiden og koncepten af hygge forsimples det: det antager at alle kan opfylde disse behov. Men det er svært til at slappe af når man er ængstelig for i morgen, hver dag

Så, måske behøver vi for at forbedre vores samfund er ikke hygge, men et andet princip: lighed.

Danskerne er de glædest i verdenen; hvorfor? Dem, der påstå at det er grundet hygge, ikke forstår at der er ingen romance - eller hygge, lykke eller pyjamakaraoke - uden finans.

### **Hygge: The Solution or Elitist Nonsense?**

*A family on the sofa, in front of the fireplace, who are chatting and laughing together. A group of friends, who are singing karaoke together in their pyjamas.*

For many Danes, such images are examples of an important concept: 'hygge' includes the things that make one feel comfortable, especially with friends and family. The Danish understand that we get by with a little help from our friends (yes, they also listen to the Fab Four over there).

Such a word does not exist in the English language - the concept is wholly Danish, and an important part of their culture.

Some have criticised the concept for being one that is too bourgeoisie. But those people misunderstand the idea of 'hygge'; cashmere socks and log cabins are not the essence of hygge. So long as one feels at ease, both physically and mentally, that is hygge.

Even so, one must accept that, because many people have had difficulties with money, happiness is rarer than before. There are many levels on the Hierarchy of Needs, and the concept of hygge oversimplifies that; it assumes that everyone can fulfil these needs. But it is difficult to relax when one is worried about tomorrow, every day.

So, perhaps what we need to improve our society is not hygge, but another Danish principle: equality.

The Danish are the happiest in the world. Why? Those who claim that hygge is the reason for this do not understand that there is no romance - nor hygge, happiness nor pyjama karaoke - without finance.

*Oscar, Lee 12*

### **How Does Music Affect Happiness?**

Music has a significant impact on our mood and emotions. It can lift our spirits, bring back memories and even help us to feel more connected with others. Research has shown that music can have a positive effect on our well-being and happiness.

Listening to music has been found to increase levels of dopamine, a chemical in the brain associated with pleasure and happiness. This is particularly true when we listen to music we enjoy or that has personal significance to us. For example, hearing a favourite song from your childhood can increase one's happiness and overall sense of well-being.

In addition to the chemical effects of dopamine, music can also have a positive psychological impact. Studies have shown that listening to music can reduce stress and anxiety levels. This is particularly true of classical and relaxing music - a modern example, which attracts millions of views a day, is Lo-Fi Hiphop beats. The calming effect of music on the body can lead to an overall feeling of happiness and prosperity of mind.

Music can also indirectly increase happiness, through social experiences. Singing or playing music with others creates a sense of community and sharing. This is especially true in cultures and religions, such as Christianity, Islam, Buddhism and recent events such as Holi. Even simply listening to music together can increase feelings of connectedness, hope and joy.

On the other hand, it is important to note that the effects of music on happiness are extremely subjective and can widely vary from person to person. Some people can find that certain types of music can have negative effects on their mood. It is just as important to be considerate of others and how music affects their happiness as well as ours.

Finally, music can provide an escape from negative emotions, stress and bad experiences that may have happened in the past. Listening to music that reflects our emotions can help us to cope with any difficult experiences. Music provides people with joy and contentedness, which is why it is essential in everyday life.

*Jieon, Lee 10*

### **Debating the Role of Money in Happiness**

*A cosy coffee shop on a quiet afternoon. John and Sarah are sitting across from each other at a small table, sipping their drinks and engaging in a friendly debate. The atmosphere is warm and inviting, with soft music playing in the background and the aroma of freshly brewed coffee filling the air. The coffee shop is decorated with colourful art and potted plants, adding to the peaceful ambiance.*

**John:** Hey, do you think money can buy happiness?

**Sarah:** No, not really. I think happiness comes from experiences and relationships, not material possessions.

**John:** I'm not so sure. I mean, money can provide access to things that can make you happy, like travel or a nice home.

**Sarah:** But those things are temporary and don't bring lasting happiness. People who are truly happy are those who have fulfilling relationships, a sense of purpose, and a positive outlook on life.

**John:** I see your point, but I think that's oversimplifying things. Everyone has different things that make them happy and for some people, money is a big part of that.

**Sarah:** I'm not saying that money isn't important, but I think it's more about how you use it. If you focus on accumulating wealth at the expense of everything else, you're unlikely to be happy. But if you use it to enhance your life and those around you, it can be a source of happiness.

**John:** I think it's a balance. Money can't buy happiness on its own, but it can help you achieve other things that contribute to happiness, like security, freedom and experiences.

**Sarah:** I agree with you there. It's not an either-or situation, but rather a matter of finding a balance that works for you. Ultimately, happiness is a complex and multifaceted concept that's influenced by a variety of factors, including but not limited to money.

**John:** Well said, Sarah. I think we can both agree that happiness is something we all strive for and it's up to each of us to figure out what that means for us individually.

**Sarah:** Absolutely. And the best part is that we can always keep learning and growing in our pursuit of happiness.

*Gautham, Lee 9*

## Maybe Happiness Isn't Always Healthy

### Building a Life of Happiness, One Drink at a Time

As I stepped into my new house, I knew I had a long way to go before I could feel truly happy. The place was empty and so was I. The days were long and the nights even longer. But I had a secret that kept me going: functional alcoholism.

It wasn't ideal, but it was the only way I knew how to cope. I didn't want to quit drinking altogether, but I knew I needed to use it in a different way. Instead of using it as an escape, I decided to use it as a motivator.

Every morning, I would wake up with a plan. I would make myself a cup of coffee and take a sip of my favourite whisky. It was my way of giving myself a pat on the back and saying, "You got this."

With each passing day, I started to build my life back up. I got a new job, started working out and made new friends. It wasn't easy, but every time I achieved something I celebrated with a drink.

Some people might say that I'm just trading one addiction for another, but I disagree. Functional alcoholism has helped me see the good in life and it has given me the strength to keep going.

As I sit in my living room, sipping on a glass of Scotch, I realise that happiness isn't about being perfect. It's about finding what works for you and using it to build a life you love. For me, that means using functional alcoholism to stay motivated and positive.

I'm not saying that it's for everyone, but it works for me. And as long as it does, I'll keep using it. Because, at the end of the day, the only thing that matters is that I'm happy.

*Vincent, Lee 13*

### Why Do People Turn to Drugs for Happiness?

The pursuit of happiness is something that concerns everyone, no matter where we live or what our status in society is. People strive for happiness in many ways, from waking up early and spending more time with their families to drowning themselves in alcohol and drugs.

When we use drugs and other intoxicants, our bodies release dopamine, one of the body's 'feel-good' chemicals. When we have a surge in dopamine, we experience feelings of well-being, ease, calm and joy. If we were feeling worried and anxious, the heightened dopamine levels can convince us that everything is fine and that we have no problems. We become addicted to and crave these emotions. These chemicals replace our feelings of sadness with a hit of happiness and we get attached to that experience. When we're high, we often feel carefree and relaxed, in contrast to the panic and depression from which we're trying to hide.

The problem with this is that the high usually precedes a crash, where we experience harsh changes in our emotions and intense fluctuations in our moods. We go from feeling happy and carefree to feeling depressed, panicked, volatile and even enraged. We don't feel able to control the increasing internal pressure, along with the pressures of our everyday lives and relationships, in addition to our existing mental challenges. We would much rather feel high and nonchalant again rather than having to deal with these problems, so we return to these drugs even though we know we'll be faced with the regret and disappointment that follows this cycle, making us fall back on these substances yet again.

Another reason that people may turn to drugs depends on their childhood, upbringing and outlook on life. In many studies, teenagers with a balanced attitude towards their childhoods and other time

periods are more likely to abstain from drink and drugs and achieve academically. This is compared to those with unhappy childhoods and a pessimistic outlook. Adolescents are at a lower risk for alcohol use, binge drinking, and marijuana if they have a positive attitude towards the past, present and future. It has been proven that “children who have a history of trauma were 4 to 12 times more likely to experience drug dependency, alcoholism, mental health conditions and even suicide attempts.”

In conclusion, the true way to happiness is to be found in clarity of knowledge and an optimistic view on life. It cannot be achieved by a pill or powder that will simply trick our bodies into thinking we are happy to escape our problems, thus not allowing us to think about how to overcome those challenges to truly make ourselves happy.

*Zaeem, Lee 9*

### **A Good Morning**

I look out the window. It's another grey, dismal November morning: amongst the rain drops, which had engulfed the glass, the trees droop, heavy from the morning's droplets; the birds' usual cheerful strain is at a low hum. In the background, I can make out the gentle drone of a plane above, its sight covered by the dreary clouds that hang in the sky like a cup over a spider.

I stretch. My back is still stiff from yesterday's rugby. I stumble over to my chest of drawers, rubbing my heavy eyes as I do so. I take out all I need, still half asleep. I get changed quickly and pack my bag. “Triple science, it couldn't get worse,” I mumble as the day's books go in. Slowly, I head downstairs for breakfast, dreading the day of school to come.

As I open the door to the kitchen, the stench of beer hits my nose, almost intoxicating me from the smell alone.

This isn't usual for me.

My mother drinks alcohol like it's oxygen; she's massively obese and relies on the excessive amount of money she inherited from her highly successful parents. She is rarely sober or even awake when I see her nowadays and I'm not sure she even knows I've started secondary school. I look around.

As usual beer bottles cover the kitchen surface like paint does a canvas. I clear them up, careful not to get any beer on my blazer. Next, I move into the living room, where I see my mother collapsed on the sofa; a lake of what looks like whisky sits in her lap, whilst her grease-filled hair hangs over the sofa, in a similar way to how one might leave a jumper.

This isn't unusual for me.

I pick up what I can manage and squeeze it into the bin. I head back to my mother and take the rest. Thirteen beers this morning, just four more than the amount I had to clear yesterday. I reach in and feel her pulse.

Nothing.

I put my ear on her chest

Nothing.

Is she dead? A thousand thoughts swirl around my brain, none able to escape. I reach for my phone: seven thirty-eight, it tells me. Tentatively, I dial 999. I can hear my heart beating, its thud interlocking with all my thoughts. But one thought stays apart from the rest, one emotion washes over me. But it's not one of shock, or one of utter despair. It's one of joy, one of happiness.

You may think I'm a psychopath, that I don't love my mother, that I'm a sick person, that I'm almost glad to see her dead. But my mother isn't like yours. She doesn't wish me good luck in any of my exams, cook me a warm meal in the evening or even stay awake to greet me with a 'good morning'. My mother is an animal. A heartless, selfish, useless animal. And she fully deserved the paraquat dichloride I placed in her drink last night at ten forty-five. I hear a voice on the other end, asking which service I would like. I say, "Ambulance," and a smile is etched across my face.

*Oliver, Lee 11*

## **Am I Happy?**

**Dear Mum,**

How are you?

Life is slow in these new lands, and boredom has haunted my dreams far more than I expected it to - that's why this e-mail may seem so long and, well, strange. You asked me if I was happy living here? At first, I thought about saying, "Yes! I am very happy living here!"

But then I thought for a moment: am I really happy? I didn't know what to say. In fact, I was in disbelief as to how this is my first time asking myself that question.

Am I really happy?

I've smiled a good few times, maybe even laughed. But have I ever done that because I was happy? No, I don't think so. The smiles I knew of were for intentions entirely different to happiness: sometimes, it was for showing fake gratitude, whilst other times it was used for malice...

You're probably wondering what your son is rambling on about, so let me get straight to the point. I wanted to write to you to confess. Happiness is a deception. I want to confess how I use happiness to deceive others and to deceive myself: I've never felt 'happy' for anything, I've never felt 'happy' for anyone, I've never thanked you for the amount of workload stretched onto you when taking on the role of a mother. So, I say this.

Thank you for being my mother. Thank you for everything and, yes, to answer your question, I am happy living here.

Love,  
Your happy son

*Harish, Lee 10*

### **Leidwesen, das Obst von Freude Geboren**

Das A und O der Gefühle;  
Der Zweck, um die Mittel zu heiligen,  
Die Mittel, die nicht von Bedeutung sind  
In der grandiosen Plan der Dinge.  
Was am Ende von am meisten Bedeutung ist,  
ist,  
Ob man glücklich ist oder nicht.

Ob man glücklich ist oder nicht?  
Ist so etwas sogar quantifizierbar?  
"Wie glücklich du bist"  
Ist es die Zahl der Frauen, die du hast,  
Die Zahl der Autos, die du besitzt,  
Die Zahl der Hektar, die deine Villa besetzt?

Am Ende werden alle von diesen gemacht  
Obsolet  
Nutzlos  
Bedeutungslos.  
Wenn du hinlegen wirst,  
Um deinen letzten Schlummer zu leiden,  
Wirst du die glückselige Umarmung  
Der reinen Stille für alle Ewigkeit ertragen?  
Wirst du mit alles zufrieden sein,  
Was du erreicht hast?  
Oder hat alles, was du erreicht hast,  
Geführt, zu deinen bedauernden und  
Mit Schuldgefühlen beladenen  
Endgültigen Augenblicken?

### **Regret, the Fruit Born from Happiness**

The be all and end all of emotions;  
The end to justify the means,  
The means of which matter not  
In the grand scheme of things.  
In the end, what matters most is  
Whether you are happy or not.

Whether you are happy or not?  
Is such a thing even quantifiable?  
"How happy you are"  
Is it the number of wives you have,  
The number of cars you own,  
The number of hectares which your mansion  
occupies?

In the end, these are all rendered  
Obsolete  
Useless  
Meaningless.  
When you are laid down  
To suffer you final slumber,  
Will you bear the blissful embrace  
Of sheer silence for all eternity?  
Will you be content with  
All you have accomplished?  
Or has everything you have accomplished  
Led to your regretful, guilt-ridden  
Final moments?

*Johan, Lee 12*

### **"Are You Satisfied? Or Are You Just Happy?"**

Whenever a good event has happened in my life, I am directed to this dilemma. This seemingly innocuous question, often asked by my parents, has plagued me, because I never reach the right response. Every time I answer, I find myself second-guessing what I said. Am I actually content? Or is this a fleeting feeling, not built to last?

The degree to which I feel an emotion after receiving or using something makes it considerably more difficult to reach a conclusion. It varies, sometimes as intense as a flame, other times as tame as a housepet. And with this, I can't accurately ascertain my true feelings. There are times when I was sure I was satisfied with a material good, for example, only to find it banished to a corner a mere week later; at this point, it would become glaringly clear which emotion I actually experienced.

What even is satisfaction anyway? According to the dictionary, it is the pleasure one experiences after they fulfil their wishes, expectations or needs. But if this were the case, then I've been satisfied on



many occasions, which is certainly not true. After all, in retrospect, I don't think I have ever truly felt satisfaction. If I had, then surely half my possessions won't lack significance after a while.

So, all this time, have I just been happy? That's not necessarily bad, but I feel that there's something to be desired from experiencing satisfaction. Yet, as long as a fog surrounds that mysterious word in my mind, I will never know if I was, or am, happy or satisfied.

Perhaps you can help me. Think back to a time when you had done something, or received something. In the aftermath, were you satisfied? Or were you just happy?

*Krishanu, Lee 12*

### **மகிழ்ச்சியை நாம் எப்படிப் பார்க்கிறோம்?**

மகிழ்ச்சி. நாங்கள் இருவரும் அதை ஒரு பொருட்டாக எடுத்துக்கொள்கிறோம் மற்றும் சில நேரங்களில் அதை ஒரு எளிய விஷயமாக கருதுகிறோம்-அந்த சூடான உணர்வு. பெரும்பாலான துன்பங்களுக்கு மேலே அமர்ந்திருக்கும் நாம் மகிழ்ச்சியை ஒரு எளிய விஷயமாகப் பார்க்கிறோம். மகிழ்ச்சியை அதிகமாக மதிப்பதாகத் தோன்றுவதற்கு மகிழ்ச்சியை வாங்க முடியாது என்று நாங்கள் கூறுகிறோம், ஆனால் நமது நவீன வாழ்க்கை முறையின் எளிய உண்மை அது இருக்கலாம். புதிய ஐபோன்கள் கடிகாரங்கள் போன்றவற்றைப் பெறுவதில் மக்கள் எவ்வளவு மகிழ்ச்சியடைகிறார்கள் என்பதைப் பார்க்கிறீர்களா? நாம் ஏன் இன்னும் இந்த கேரட் வழியாக செல்கிறோம்? இருப்பினும், சில சமயங்களில் நம் முகத்தில் ஒரு புன்னகை மற்றும் சிரிப்பு போன்ற மகிழ்ச்சியை நாம் எவ்வாறு பார்க்கிறோம் என்பதை நாம் கருத்தில் கொள்ள வேண்டும். பெரும்பாலான நேரங்களில் இந்த செயல்கள் வெறும் மேலோட்டமானவை என்பதை நாம் உண்மையில் சிந்திக்கிறோமா? பலர் தங்கள் துயரங்களையும் மனச்சோர்வையும் தவறான செயல்களுக்குப் பின்னால் மறைக்கிறார்கள். இது நடக்கும் போது நம்மில் பெரும்பாலோர் மகிழ்ச்சியாக இருப்பதாக கருதலாமா? பிறகு நாம் வாழும் இந்த உலகத்தைப் பார்க்க வேண்டும். இப்படிப்பட்ட துன்பங்களுக்கு மத்தியில் மகிழ்ச்சியாக இருக்க நம்மை மனிதர்கள் என்று சொல்ல முடியுமா? உதாரணமாக சினிமாக்கள். துருக்கியில் நிலநடுக்கத்தின் போது இன்னும் திரைகள் நிரம்பியிருந்தன. இருப்பினும், அப்படி மகிழ்ச்சியாக இருக்க முடியாவிட்டால், நாம் அனைவரும் மிகவும் மனச்சோர்வடைந்தவர்களாக இருக்க வேண்டாமா?

### **How Do We View Happiness?**

Happiness. We both take it for granted and treat it sometimes like a simple thing: that warm feeling. We, seated above most of the miseries, see happiness as a simple thing. We also say that happiness cannot be bought to make us seem to value it more, but the simple fact of our modern lifestyle is that it can be. Do you see how happy people are to get new iPhones, watches, etcetera? Why do we still go through this charade? However, we should consider how we sometimes see happiness as just having a smile on our faces and laughing. Do we really think about the fact that most of the time these actions are just superficial? So many people hide their sorrows and depression behind false actions. While this happens can we consider that most of us are happy? Then we have to look at this world in which we live. Can we call ourselves, human beings, happy in the midst of such suffering? For example, the cinemas. There were still packed screens during the earthquakes in Turkey. However, if we cannot be happy like that then would we all not be very depressed people?

*Eric, Lee 9*

## Now for Something a Little More Uplifting

### Bucurie

Când vii tu bucurie, ai sufletul meu  
Și inima și ochii de lacrimi umezesc...  
Când vii tu bucurie inima mea se încălzește  
Bucurie mereu mă consolezi

Bucuria se găsește în noi toți  
Și este dată de la unul la altul  
Bucuria ne aduce pe toți împreună  
Bucuria este o cheie

Bucurie ești ca un înger în ceruri  
Mereu mă privești și ai grija de mine  
Bucurie ești scutul nostru  
Protejându-ne de toate problemele din viață

Mă bucur mereu când mă uit în cerul nostru albastru  
Și văd stelele clipind la mine  
Mă bucur când văd ploaia răcoritoare  
Care aduce viață

### Happiness

When you come happiness, you have my soul  
And my heart and eyes tear up  
When you come happiness, you warm my heart  
Happiness you always comfort me

Happiness is found in all of us  
And it is given from one to another  
Happiness brings us all together  
Happiness is a key

Happiness, you are like an angel in heaven  
You always look at me and take care of me  
Happiness you are our shield  
Protecting us of all the problems in life

I am always happy when I look at the blue sky  
And see the stars twinkling at me  
I am happy when I see the refreshing rain  
Which brings life along with it

*Erick, Lee 9*

## Letter To the New Grandfather



John Forge  
11 Crostfort Street  
Bolford  
Buckinghamshire  
BL7 5RF  
Sunday 19th June 1920

Cristophe Forge  
3 Kremlin Close  
Invery Village  
Northumberland  
NE4 8VF

Dearest Father,

I've missed you! We have disconnected for a while; I understand your anger at me running from the village to pursue my career, foolishly fleeing from our peaceful life and beautiful family. I apologise for the nights of suffering and days of loneliness I gave you from leaving you alone. Unfortunately, I also know that this can't be forgiven instantly and it will take years for us to recover but I ask you to leave your anger aside for one reason.

Fortunately, I sit here writing to you with my heart full of gold. Jessica and I have received a gift from God, a child, whom we have named Sarah Forge. Unlike me, I want her to have a great family, a great relationship, a great life with you. I don't want her to be discarded from the great family life you can give; I want her to have aunts, uncles, grandmas, grandpas and cousins. Without this, I feel depressed and lonely. But my daughter should never experience such a life of loneliness. Every part of me wants to destroy any possibility of this kind of life for my daughter.

I tried to visit you and you shut me out. Not surprising. I would have done the same. But I beg you, that you allow my daughter to stay for the holidays and not leave her in this miserable, lonely world. Thank you for your patience.

Love from,  
John Forge

*Kaushik, Lee 11*

## True Happiness

Find true happiness, find your home,  
Just make sure you know you're not alone.  
Even through a rough day,  
There is always a way.

Enjoy your time,  
Even make it rhyme.  
Embrace the light,  
Go out and shine bright.

Find happiness through the day,  
What are you waiting for? Why the delay?  
Bring forth your big smile,  
And make it last a while.

Make it right,  
Even through the night  
Find your inner peace,  
Because you are a masterpiece.

*Anthony, Lee 7*

## Happiness

Happiness is a butterfly, fleeting and fair,  
A wisp of pure joy that floats on the air.  
It dances and flits, elusive and light,  
And fills every moment with pure delight.

It comes unannounced, a surprise to the heart,  
A rush of pure joy that tears us apart.  
It can be found in the simplest of things,  
In the warm summer sun or the sound of birds on their wings.

It lives in the laughter of children at play,  
In the gentle embrace of a loved one each day.  
It shines in the eyes of a friend who's true,  
And in the beauty of the world that's new.

Happiness is the warmth of the sun on our face,  
The feeling of freedom in an open space.  
It's the thrill of adventure and the joy of surprise,  
The love of another that lights up our eyes.

Happiness is the light that guides us along,  
The rhythm of life, the heart of a song.  
It's the peace in our hearts and the smile on our face,  
The grace of acceptance, the warmth of embrace.

So cherish each moment and hold it close,  
Embrace the wonder that life bestows.  
And in the end, when all is said and done,  
You'll find that happiness was there all along.

*David, Lee 8*

## **We have no need of happiness**

So do not tell me  
Remember, joy and wonder are found all around  
When poverty and illness drag you down  
Wallow in your misery  
You do not deserve to be happy

## **It is not okay to say**

There will come a better day  
Dance! Smile!  
Always go the extra mile  
Be full of joy deep in your heart  
Live your life with love and laughs

## **Happiness is all you need**

(Now read from bottom to top)



*Freddie, Lee 7*

## Man's Best Friend

### Brokenhearted

How can she be leaving me? Was it something I did? Was it something I said? Will she ever return? All these questions burn in my mind as I do what I can to make her stay. I sprint as fast as I can towards the window. I can see she is about to start the car and drive away, and I can't let that happen. Once I arrive at the window, I take a deep breath and begin screaming and shouting at the top of my lungs; I feel like a volcano, my emotions erupting out of me like lava. My mouth begins to dry up and my throat begins to hurt, but nevertheless I continue my hysterical hollering in the hope that it's working. It takes a minute or so for me to realise that my prayers are not being answered.

She drives away absent-mindedly, like she didn't even notice me, and I'm left in the dust. I deem it pointless to continue my protests, so I traipse back to my bed, and dejectedly flop onto its soft material, hoping to ease the pain. For a while, I simply lie there, not waiting for anything and trying not to think about anything. It's easier than confronting the truth. My lonely heart sighs deeply to itself and it starts to beat at a slower pace. My body switches off and my eyelids begin to droop. The world of sleep seems better than the real world right now, so I decide not to resist.

The distant sound of gravel stirs me. I slowly open my drowsy eyes and try to lift my heavy head, still half asleep. I try again. This time I manage it and leave my bed soon afterwards. I look through the window, to see if it is still light outside, but what I see makes my heart skip a beat. Her car! She's here! She came back for me! My breath quickens as she gets out of the car and looks at me, waving and smiling. I press my nose up to the window pane, overwhelmed by joy and love. Keys jangle as the front door is unlocked and in she comes, my one true love. I run towards her, into her arms, and as she strokes me behind the ears - my favourite spot - I lick her affectionately. I was worried she would never return, but I'm so glad she did. "Don't worry, Rufus, I was just out shopping. I'd never leave you. Remember that. Good boy!" Her words mean the world to me and reassure me that I will always be loved. My heart is filled with happiness, and I feel complete again.

*George, Lee 7*

### The Fire

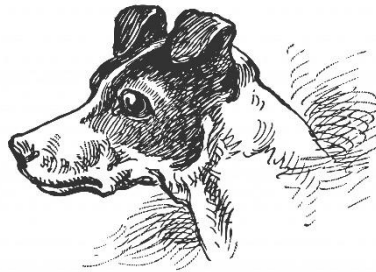
After a gruelling day at work, Josh arrived home to a shocking scene; ominous black smoke spiralled from his house and the sound of flames crackled fiercely. His heart hammered against his ribcage as he thought of all he could lose. He tried to dash inside, but the unbearable heat and smoke forced him back. He struggled to catch his breath, his mind reeling with thoughts of retrieving his cherished possessions before the inferno could consume them.

Suddenly, he remembered Max. His loyal companion was still in the house. Josh's heart sank with the thought that he might never see him again. As he searched through the dense smoke, he saw the charred remains of his dog's bed. The despair he felt was overwhelming. He sank to his knees, tears streaming down his face. But then he heard it: a faint barking sound. He felt a flicker of hope and scrambled towards the sound. As he emerged from the smoke, he saw Max bounding towards him, wagging his tail joyfully. Josh was elated; he couldn't believe his dog had made it out alive.

As he hugged his furry friend, the happiness he felt was almost palpable. Memories of their best times together came flooding back. He thought about the countless walks they had taken, the times they had played together and the lazy afternoons spent cuddling on the sofa. Josh hugged Max even tighter. The smell of smoke and ash filled the air, but he only smelled the familiar scent of his loyal companion.

As he watched his home succumb to the flames, Josh realised that he had lost everything material, but he still had the most important thing - his loyal dog. The happiness he felt was beyond words. He knew he would always cherish the love that he and Max shared. The fire may have destroyed much of his life, but it could not destroy the happiness that he had found in the love of his dog. As he hugged Max, Josh felt a sense of hope and renewal, knowing that he could rebuild his life with the greatest of companions by his side.

*Faizan, Lee 10*



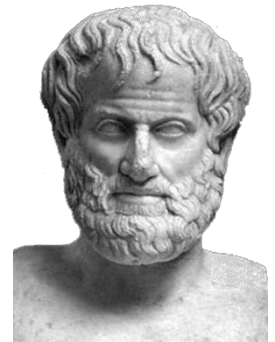
## Wisdom from Antiquity

### Aristotle's Levels of Happiness

*Happiness is the state of being happy, showing pleasure in one's self or in one's achievements. However, this is not the only thing that may bring happiness; this can be shown through Aristotle's 4 levels of happiness.*

#### Level 1: Material Wealth (Laetus)

Happiness experienced by the possession of things. This could be buying a computer game, having a good dinner, watching your football team win. These are usually things that provide instant gratification (short-term happiness). This can be unhealthy in the case of drinking alcohol or taking drugs.



#### Level 2: Ego (Felix)

Aristotle saw the second level of happiness as relating to the sense of self, often validated by others: being top of the class, the best-dressed, the richest. While these attributes can be worthwhile, pursuing them to the cost of all else can lead to disappointment and a sense of failure.

#### Level 3: Happiness from Helping Others (Beatitudo)

"It is better to give than to receive." This is a quote that sums up the subject. Doing something to make someone *else* happy is often a source of joy for the giver. To help someone, to give a gift, to go above others' expectations can all give the benefactor a good feeling.

#### Level 4: Ultimate Happiness (Sublime Beatitudo)

Understanding and accepting that you, others and life are not perfect. If you can understand the difference between wants and needs and be content that all wants will never be fulfilled, but take joy in brief gratification, favourable comparison with others, and satisfaction from helping others achieve or navigate life, then you can finally experience ultimate happiness.

*Daniel, Lee 8*



## beatitas

venies tu ad nos, aut te quaerere debemus?  
es tu res fallax et afra, aut te intra nos invenire possumus?  
es tu universa, aut tu servata felicibus paucis hominibus?  
definiris tu a tritore, aut tritor definitur a te?  
emeris tu aut quaereris tu?  
es tu constans aut mutas tu firmus?  
potes tu mala corrigere et potes tu praeterita detrimenta figere?  
potes tu desideria delere? Potes tu cicatrices sanare?  
permittes tu me vita mea frui, aut ego mori debeo desideriis meis?  
es tu solutio difficultibus meis?  
es tu fuga mea a vero?  
es tu remedium morbo meo?  
es tu id responsum?  
aut es tu solum crudele integumentum?  
es tu solum evocatio a dolore infinito, quem nos patimur?  
es tu perpetua aut discedes tu me iterum, tu scelestas res?  
es tu ingentissimum mendacium umquam dici, quod putatur cupiditas ultima esse sed numquam inveniri?

## Happiness

Will you come to us, or must we search for you?  
Are you an elusive, shifty matter, or can we find you within ourselves?  
Are you universal, or are you reserved for a lucky few?  
Are you defined by the user, or is the user defined by you?  
Are you bought or are you earned?  
Are you constant or are you constantly changing?  
Can you right wrongs and fix past damages?  
Can you erase regrets? Can you heal scars?  
Will you let me enjoy life, or must I die with my regrets?  
Are you the solution to all my problems?  
Are you my escape from reality?  
Are you the cure for my sickness?  
Are you the answer?  
Or are you merely a cruel façade?  
Are you merely a distraction from the relentless agony we endure?  
Are you permanent or will you leave me once again, you wicked being?  
Are you the greatest lie ever told, thought to be the ultimate ambition but never to be found?

*Rudhran, Lee 12*

## A Medical Perspective

### The Perfect Dose of Happiness

An insight into the emotions of adolescents is always viewed as a rush of stress. During asking times such as exams, extreme workloads, and anxiety around interpersonal relationships, is there any room for happiness?

It may seem like life is all just eternal sadness - especially when you are alone - but however old you are and whatever background you grew up in, there will always be four chemicals designed to make you feel happy. We can find out different ways to activate these chemicals through their respective triggers and activities, and I can help you increase each one in an authentic anecdotal manner.

Dopamine: The Reward. Pleasure, satisfaction, motivation.

Day and night of the same routine can often dominate the depression in your mind, but a great way to deliver that dopamine to your brain is through trying new things. It is doubtless that confidence helped me describe happiness through building a dexterous foundation, with learning the piano and joining sports clubs. Finding that little thing to deftly secure that dopamine is definitely a quarter of the way to achieve delectation.

Oxytocin: The Love. Physical affection, trust, strengthening relationships.

Overwhelming situations can occur daily between people, but oxytocin can be obtained through intelligent communication and effortless occupation. Even something as odious as an argument can be opposed through the simpler things in life, and my favourite oxytocin obtainer has got to be playing with my puppy and hugging my family, as not only does it ooze overall joy for yourself, but also for those you adore.

Serotonin: The Mood. Confidence, self-esteem, feeling important.

Sadness may seep through us more often than not, but just for you, I will sensationalise the best ways to secrete serotonin and subsequently strengthen your satisfaction. I find the superior strategy to my increase in serotonin has got to be sufficient sunlight, masterful meditation and a satisfactory sleep schedule, and this helps keep me both grounded and salubrious. These serotonin boosters can certainly balance your self-worth and ameliorate that mood of yours from sorrow to bliss.

Endorphins: The Painkiller. Relieves stress, blocks discomfort.

Even though everyone is affected by the odd share of doom and gloom, an excellent way to effectively enlarge your endorphin levels is through your own unique enjoyment and exercise. Personally, my endorphins are enchanted by both football and entertainment, and I enjoy either using my energy to engage in electric activities or entrancing myself with comedy or episodes that are special to me. Hopefully these examples can help enhance your own endorphin management and complete the evolution from melancholy to euphoria!

Overall, we may experience an unfortunate base level of stress and sadness, but being able to consciously control these chemicals might just be that perfect D.O.S.E. of happiness!

*Eliot, Lee 13*

## **Disease Report: Happiness**

### **Symptoms:**

The symptoms of happiness can vary from patient to patient, depending on the way in which the patient was infected, the seriousness of the infection and the genetic makeup of the patient. The incubation period of happiness is remarkably short, with symptoms displaying themselves shortly after infection.

Contact a GP if you begin to display any of the following symptoms:

- Continuous good mood
- Smiling
- Enjoyment of most activities, including but not limited to hobbies and meeting friends
- General sense of contentment

If left untreated, happiness can become life-threatening. It is therefore vital that early signs be picked up on, as the disease is most easily treated in its early stages.

If you or anyone you know laughs, call 999 immediately. This is a sign of a highly advanced and often fatal form of happiness which must be treated immediately.

### **Causes:**

All people can become infected with happiness, regardless of age, physical fitness or prior medical conditions.

The exact causes of happiness are unknown and debated, but studies have consistently shown the disease to be highly contagious. Even momentary exposure to an infected person can result in infection. Face coverings provide no protection.

Exposure to certain activities, including but not limited to eating, meeting friends or family, hobbies and sex, has also been shown to cause happiness.

### **Diagnosis:**

Due to a high incidence rate of happiness, GPs are often quick and accurate in diagnosing happiness from the obvious symptoms. However, in some cases a blood test may have to be taken. The sample is then analysed for endorphin levels. If a patient is found to have endorphins above safe levels, they are immediately referred for treatment.

### **Treatment:**

In most cases happiness is fairly simple to treat. Prescriptions can include extra homework for children, or increased workload for those with jobs. Alternative prescriptions for those who are unemployed include reading the news.

In particularly severe cases of happiness, a course of depressants may be prescribed. Alternatively, a patient may be offered therapy. A therapist would work with a patient to identify and then challenge any reasons they have for feeling happy, thus eliminating the root cause of happiness.

*Toby, Lee 13*

*A final note from the editor: if anything in this magazine has made you feel happy, please speak to someone. Form tutors, heads of year, student support, friends and parents are always available. Do not suffer in silence.*





*"Money can't buy happiness."*

*This quote served as the inspiration for the front cover. Happiness is worth more than any amount of money; in a sense, it weighs more than any amount of money. The use of a weighing scale to represent the difference in importance -or "weight" rather- was quite obvious. To depict the happy side, I researched different objects, animals and plants which symbolise happiness all around the world. The bluebirds are associated with happiness in Europe; the sunflowers represent happiness in the west; dragon flies for Native America.*

*Johan, Lee 12*