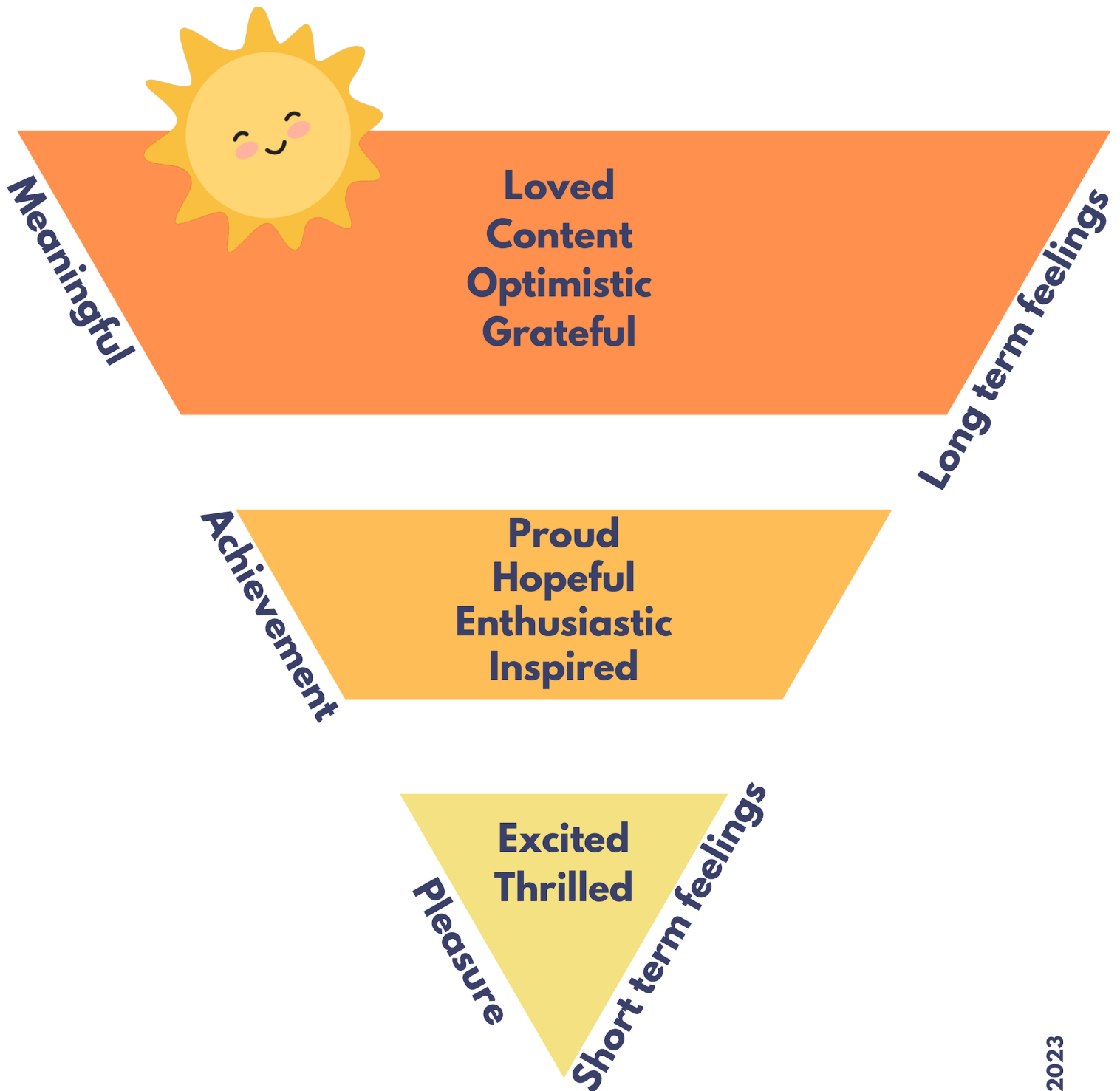


The Happiness Triangle



Some happy feelings are short lived. They give us immediate positive feelings, but pass quickly. This could be from things such as eating a favourite snack, or playing a game you love. Other happy feelings last longer. They tend to bring positive feelings that are less intense but boost our overall happiness and wellbeing.