

Well being and happiness exercise

1. Julian

Julian is a freshman in college. He is running on the cross country team, he is working 10 hours a week so that he can minimize student loans, and he is working hard to maintain his 3.5 GPA. He only has time to sleep 6.5 hours a night and has limited time for friends or romance. When asked about his life satisfaction he says that he doesn't experience a lot of pleasure and usually feels somewhat tired and stressed out, but he is content and feels like his life is going in the right direction.

Assuming these are the most relevant details of Julian's life, would you say that Julian:

- a. is happy? Why or why not?
- b. has well-being (i.e., is doing well)? Why or why not?

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2. Anna

Anna is a 21 year old restaurant worker. She makes enough to cover rent and to frequently get blackout drunk after her night shift is over, but often has difficulty buying groceries or handling unexpected expenses. When asked about her life satisfaction, she says she is happy and “living her best life.”

Assuming these are the most relevant details of Anna’s life, would you say that Anna:

- a. is happy? Why or why not?
- b. has well-being (i.e., is doing well)? Why or why not?

1. Life (being able to live to the end of the normal length of a human life).
2. Bodily health (including reproductive health).
3. Bodily integrity (being able to move freely, being able to be secure against assault and rape, autonomy in sexual matters).
4. Senses, imagination, and thought (being able to use senses and to imagine, being able to think and reason, having an education, taking part in art and religion, freedom of speech, being able to have pleasurable experiences and to avoid pains).
5. Emotions (being able to have attachments to things and people, to love and to grieve, not needing to fear or experience anxiety).
6. Practical reason (being able to form a conception of a good life and to plan one's life critically).
7. Affiliation (being able to live together with others, to show concern for them, take part in social interaction, to have compassion, having social bases of self-respect, freedom from humiliation, having protection against discrimination).
8. Other species (being able to live in relation to animals, plants, and the world of nature).
9. Play (being able to laugh and play, and to enjoy hobbies).
10. Control over one's activities (being able to participate in political decision making, being able to hold property, having fair opportunities and freedom from search and seizure).

Question

- Which person (Julian or Anna) currently has more well-being?
 - Be sure that your discussion makes reference to at least one of the theories of well-being we discussed in class.