

What is happiness

[Linguistics](#), [English](#)



What is Happiness? Happiness is variable and difficult to define because it means something different to each individual person. To one, happiness can be a bed of roses or a loved one's embrace. For others it can be confined to events such as childbirth and marriage. Throughout my life, I believe happiness is experiencing the nature, traveling and having the chance to have a taste of new things, having enough to survive comfortably, having friends to share my interests and time to talk with family every day.

Happiness is being surrounded by nature. In the spring, it is walking in the park, hearing the babies' laughter, and smelling the aroma from the roses. In the summer, when I sit in the grass and feel the sun warm your skin, testing the water temperature with my feet. In the autumn, I can see the red maple leaves falling from the trees. In the winter, I feel the crispness of the air on your face and hearing the crunch of snow under your feet. All of the sense makes me feel happy.

Happiness, for me, also includes travel experiences. I saw some beautiful scenery I had not seen before, I could taste different foods, and I tried some new things. Last summer, I traveled to Nepal and tried paragliding. When I was gliding in the sky, I felt free like a bird and flew the clouds clear my mind. I felt happiness in that moment. Imagine how it feels when you have a chance to fly in the sky. Do you think you will have the same sense of freedom as me?

Some people think happiness means keeping up with the Joneses. However, for me, I do think happiness is measured by wealth. Many people in the world have excessive wealth. They use the money to buy a number of cars and build mansion to show their status in the society. Even though they have

everything they desire, they still want to be happy. For example, Guangxu was one of the emperors in Qing dynasty. He had status, money, women but he still felt miserable due to the failure to control his life. He could do everything his grandmother wanted him do. On the other hand, a famous Chinese man who lived during Second World War gave up the rich life and the chance to be a doctor to become a poor writer. Although he lived a poor life, he never regrets. Instead, he was happy as his work could bring great change to the society. Chinese people's minds about propaganda, he helped to bring about the revolution of China. This is the reason I believe that happiness is having enough to survive comfortably.

Friends play an important role in our life. We cannot be happy without friends. Studying alone is boring, while it remains the best thing in presence of my friends. We can discuss some difficult questions together and share some good study method to help us improve the efficiency. Before the test, we encourage each other, share the result, find the problems of the test, and solve it together. Traveling with friends was a wonderful experience for me. During the travelling durations, there are no boredom attacks when with friends. You can talk and play games with your friends. They can take photos with you and record the wonderful moments of your trip. Additionally, I cannot imagine what my life would be like without friends. Friendships make me feel happiness.

Princess Diana said, " Family is the most important thing in the world." I also believe this. Family brings a sense of belonging and an ultimate source of happiness. Family support remains the cornerstone of happiness. Wherever I am, whatever I do my family will always lend me a hand. I study in Canada

alone. In the beginning, I was not used to the weather, food, and life here so I felt helplessness and resuming back to China. They gave me immense support and motivation helps me to change. I know they love me and will always support me, so I am never afraid of challenges. Who wants to live in misery? Family is a strong support system and makes you feel happy. Everyone have their own definition of happiness, so we will never find an exact answer for what happiness is. However, I believe that the true happiness envelops in its warm embrace and keep us hope for the future. For me, life happiness comes from family, friends, traveling, and nature.