

GOT JOY?

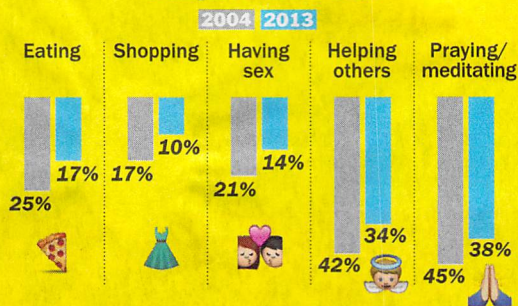
THE TIME POLL ASKED AMERICANS WHAT MAKES THEM HAPPY.
HERE'S HOW THEY ANSWERED

1. THEN AND NOW

Do you consider yourself an optimist or a pessimist?



Fewer people are doing these things to improve their mood



But people are spending time on social media



2. HOW HAPPY ARE YOU?

Are you now as happy as you expected to be at this stage of life?



41%
AS HAPPY AS EXPECTED



28%
HAPPIER THAN EXPECTED



27%
NOT AS HAPPY

Which makes you happier?



35%
WORKING TOWARD A GOAL

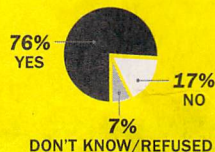


59%
ACHIEVING A GOAL

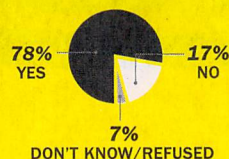
Science says
savoring the journey
brings joy, even
if we don't realize it

3. SOCIAL MEDIA

Do you believe that on their social-media profiles, other people make themselves look happier, more attractive and more successful than they really are?



Do you believe your social-media profile reflects what you're really like?



Have you ever felt **BETTER** about your life after spending time on a social-media site?

38%
YES

60%
NO

Democrats felt better after spending time on social media because they felt more connected to others

53%
DEMOCRATS

26%
REPUBLICANS

Republicans felt better after spending time on social media because they felt happier for others

23%
DEMOCRATS

34%
REPUBLICANS

Have you ever felt **WORSE** about your life after spending time on a social-media site?

23%
YES

77%
NO

More women felt worse after comparing themselves with others on social media

21%
MEN

37%
WOMEN

More women felt more isolated from others after spending time on social media

8%
MEN

16%
WOMEN

When asked whether the number of likes on one of their social-media posts had ever changed their mood or self-esteem, more Democrats answered yes



64%
DEMOCRATS

29%
REPUBLICANS

