

Should we talk about happiness with children and young people?

In the last years, schools have become aware of the importance of talking about mental health with their students. We now know that our students can suffer from anxiety and depression (just like the adults) and that people learn to cope with stressors since very young ages. Therefore, we know that we should teach children emotional resources and strategies to handle every-day challenges.

However, as adults, we are not always aware of the importance of talking about happiness, vocation, dreams... *Is it possible to talk about mental health and well-being when students have no time to engage in meaningful life experiences or positive relationships?* Then, how can they find the motivation to face the daily hassles, enhance their sense of self-worth, handle stressors or fight any risk of depression?

The studies of happiness show that *we need to invest time in pleasure activities, positive relationships and self-care.* And this is what we need to teach young people in order to prevent feelings of emptiness and emotional exhaustion. We know that there is no significant learning without motivation or interest, as much as there can't be sustainable well-being without positive experiences and joy. *So yes, we need to talk more about happiness!*

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