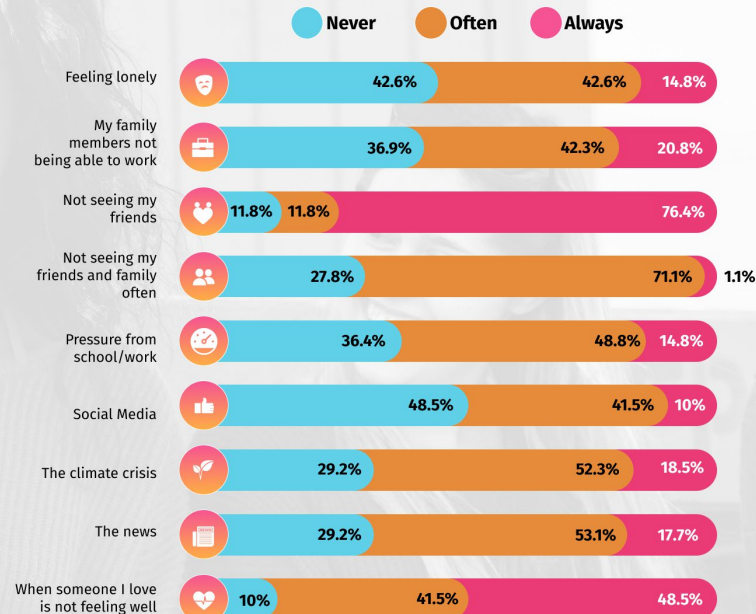


In this infographic you'll see the results from players (aged between 18-85) who attended the World Happiness Fest In Miami, Florida in March 2023. Some of the questions we asked were also played by children (age 8-14) from 7 different countries around the globe.

As most of the participants at the festival we're spread between the USA and Lat Am we have added Brazil and the US to allow you to compare and contrast.

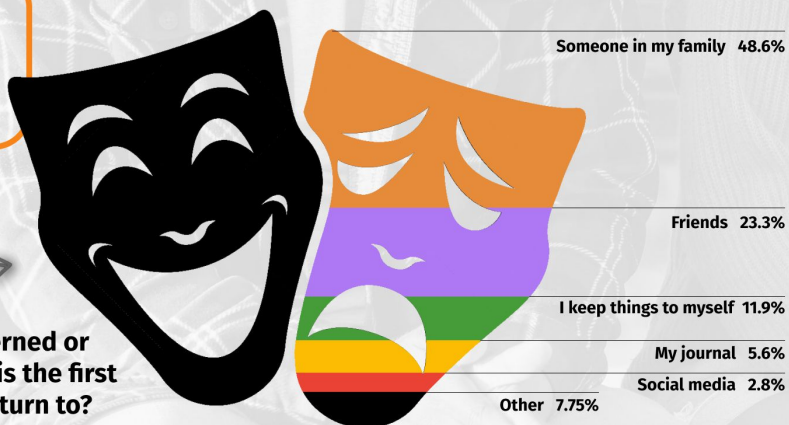
Enjoy comparing!

Which of these spoils your happiness?



“Loneliness is the top issue for the participants of the World Happiness Fest as well as for children in both Brazil and the USA

When concerned or upset, who is the first person you turn to?



Players in Brazil told us when it comes to sharing bad news, it is speaking to 'Someone in my family' who comes first with **68.9%**, we see 'My Pet' second with **10.8%** and 'Friends' **8.8%**. 'I keep things to myself' doubles its presence here with **6.9%**.



In the US, 'Someone in my family' is the first option with **62.8%**. Then comes 'Friends' **14%** and 'Social Media' **8.2%**. Less than **6%** of the respondents don't tell anyone and 'Keeps things to themselves'.



'When someone I love is not feeling well' **95.4%**, 'Not seeing my friends and family in person' **91%**, and 'Feeling lonely' **86.5%**. Followed by 'The climate crisis' **82%**, 'The news' **68%**, and 'Pressure from school' **65.7%**. 'Social Media' **20.1%**, is by far the thing that worries them the least.



'When someone I love is not feeling well' **86.1%**, comes first, followed by 'Not seeing my friends and family in person' **80.4%**, and 'Feeling lonely' **75.4%**.

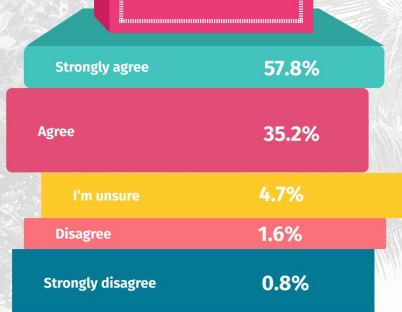


87% of Brazilian players agree with this statement

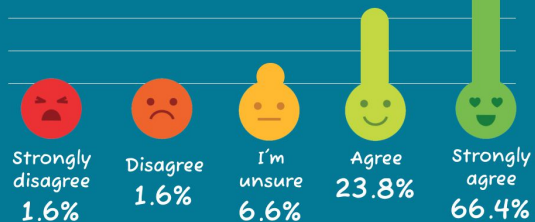


72.3% of players in the US agree with this statement

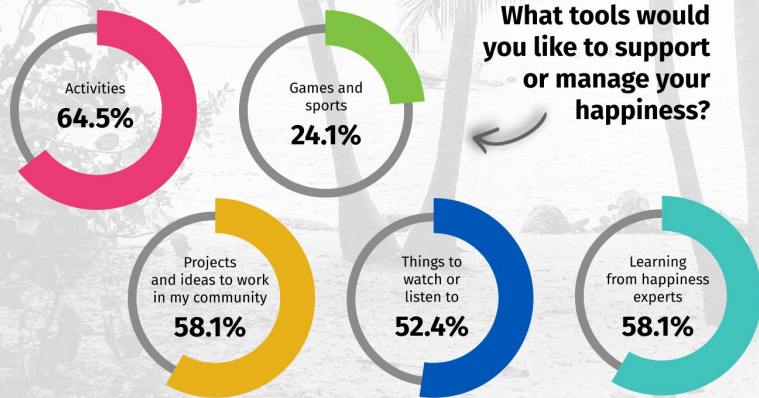
"I think happiness can be learnt."



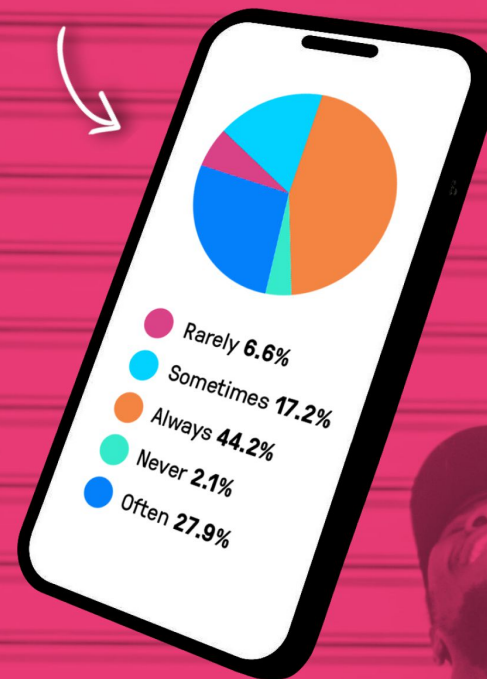
"The feeling of freedom is a facilitator of my happiness"



What tools would you like to support or manage your happiness?

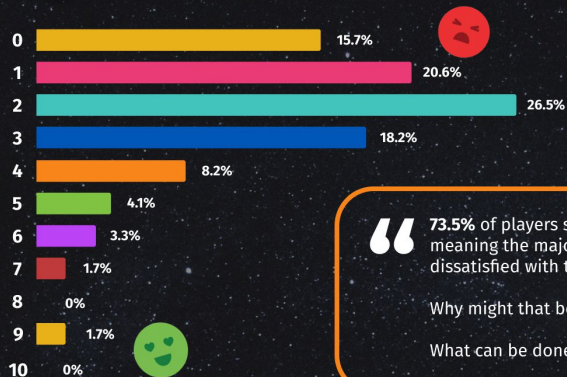


If I have a mental health problem, I have someone to reach out to.



We asked players to rate how satisfied they are with their life right now*, on a scale from 0 to 10 - 0 being really dissatisfied, and 10 being really satisfied.

*In March 2023

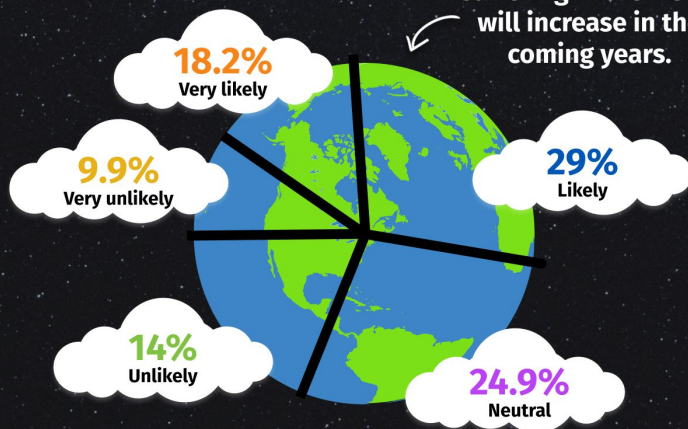


73.5% of players score between 1 - 4 meaning the majority are currently dissatisfied with their life.

Why might that be the case?

What can be done to shift these scores?

I think that the level of suffering in the world will increase in the coming years.

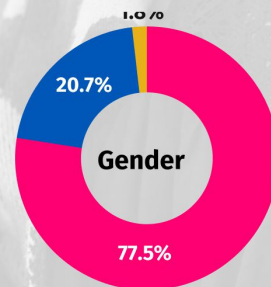


WORLD
HAPPINESS
FOUNDATION
be CREATION

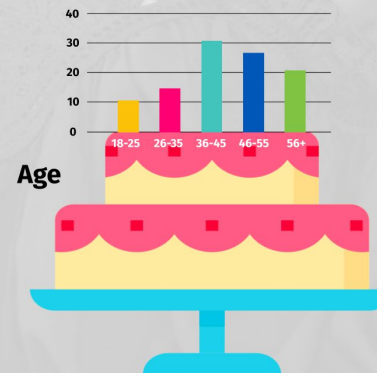
We asked players their location, age and gender.



Players from
Albania, Argentina, Colombia,
Costa Rica, Dominican Republic,
Egypt, India, Mexico, Puerto
Rico, Spain, Switzerland, United
Kingdom, and United States.



- Female
- Male
- Prefer not to say



Are you working in the field of mental health and well being?

Type in the URL or scan the QR code below to find out more about how The World Happiness Fest is seeking to catalyse change in the field through shared metrics, indicators and insights we can all use to shape our programmes, strategies and advocacy goals.



verto.global/whf-infographic