

Unit 5 – The pursuit of happiness

Happiness idioms

to be full of the joys of life	The three kids running and shouting outside are full of the joys of life.	voller Lebensfreude sein
to be in one's element	Ethan is in his element when he's water skiing.	in seinem/ihrem Element sein
to be in seventh heaven	Moana was in seventh heaven after she got a puppy for her birthday.	im siebten Himmel sein
to be on cloud nine	Rowena was on cloud nine after she got an unexpected promotion.	auf Wolke sieben schweben
to be on top of the world	Elias is on top of the world because he won a ski race over the weekend.	voll überschwänglicher Freude sein
to be over the moon	Robin was over the moon to have the chance to play the piano in front of an audience of 1,000.	von etwas hin und weg sein, überglücklich sein
to be thrilled to bits / pieces	Anne was thrilled to bits that her granddaughter was coming to visit her in Scotland.	vor Freude ganz aus dem Häuschen sein
to be tickled pink	I'm tickled pink about my new couch; it's exactly what I wanted!	sich wahnsinnig freuen, überglücklich sein
to have a whale of a time	We had a whale of a time on the hike; it was such a fun weekend!	sich köstlich amüsieren, eine großartige Zeit haben

How much of your happiness is under your control?

to recognise and appreciate the good things in one's life	Franz recognises and appreciates the good things in his life, even though things could always be improved.	die guten Dinge im eigenen Leben erkennen und zu schätzen wissen
to not let negative things overshadow the good things	Sasha doesn't let negative things overshadow the good things; she prefers to focus on the positive.	nicht zulassen, dass negative Dinge die guten Dinge überschatten / in den Schatten stellen
to feel gratitude and meaning in one's life	Finding the right job or pastime helps you feel gratitude and meaning in your life.	Dankbarkeit empfinden und einen Sinn im eigenen Leben erkennen
to accept failure, disappointment and imperfection	Mitsuki knows that to move on and improve herself, she should accept failure, disappointment and imperfection because it's part of being human.	Misserfolg, Enttäuschung und Unvollkommenheit akzeptieren
to practice resilience	Antanas practices resilience whenever he is having a tough time.	sich in Resilienz / Belastbarkeit üben
to live in accordance with one's values	Milan lives in accordance with his values and always tries to make good decisions regarding his mental health.	in Einklang / Übereinstimmung mit den eigenen Werten leben
to feel good and to do good	Penelope knows that she has to prioritise her own well-being to feel good and to do good.	sich gut fühlen und Gutes tun
to have concerns about one's future career	Dominik has concerns about his future career and whether or not he's chosen the right one.	Bedenken bezüglich der eigenen beruflichen Zukunft haben
to be scared of money issues	Andrea is scared of money issues with the rising costs of living.	Angst vor Geldproblemen haben
to be worried about future economic problems	Many members of the younger generation are worried about future economic problems.	sich über zukünftige wirtschaftliche Probleme Sorgen machen
to be desperate to achieve good grades	Some students are desperate to achieve good grades because they want to get into very competitive universities.	verzweifelt bemüht sein, gute Noten zu erhalten
to fear future environmental hazards	Bob fears future environmental hazards because he lives in a high-risk coastal area.	vor zukünftigen Umweltgefahren Angst haben, zukünftige Umweltgefahren (be)fürchten

to find joy in the little things	Children have a unique ability to find joy in the little things and show adults how to appreciate these things too.	Freude an den kleinen Dingen finden
to connect with others	Brandon connects with others via social media or <i>WhatsApp</i> when he needs company.	Kontakt mit anderen herstellen, in Kontakt mit jemandem treten
to choose to be positive	Even though she was incredibly stressed, Elisabeth chose to be positive and think about her upcoming vacation.	sich für eine positive (Lebens-)Einstellung entscheiden
to do what you are most passionate about	Erzsie does what she is most passionate about as much as she can, which is running and exploring trails in the mountains.	das tun, was man leidenschaftlich gerne tut / wofür man eine Leidenschaft hat
to start each day with a smile	It may sound cheesy, but Kirsten starts each day with a smile and swears that she automatically feels better.	jeden Tag mit einem Lächeln beginnen
to be in nature	One of Karlo's favourite parts of a vacation is simply being in nature and enjoying the scenery.	in der Natur sein
to create goals and strive to reach them	Tate creates goals and strives to reach them within a certain period of time, which she says is very satisfying.	sich Ziele setzen und danach streben, sie zu erreichen
The world's happiest nations		
to unwind and feel healthier and happier	Ana unwinds by taking yoga classes and feels healthier and happier every time she does it.	abschalten / entspannen und sich gesünder und glücklicher fühlen
to overtake another country and become the happiest nation on Earth	I bet it feels like quite the accomplishment to overtake another country and become the happiest nation on Earth.	ein anderes Land überholen und die glücklichste Nation der Welt werden
to be a blessing	The opportunity to stay and work in Europe was a blessing for Jeanne.	ein Segen sein
well-being and happiness are interchangeable concepts	Any psychologist would probably argue that well-being and happiness are interchangeable concepts.	Wohlbefinden und Glück sind austauschbare / gegenseitig auswechselbare Begriffe
to be a welfare state	Austria is a welfare state and offers significant social benefits to its citizens and residents.	ein Wohlfahrtsstaat sein
to offer generous perks to the staff	Wealthier companies can afford to offer generous perks to the staff to make the job even more attractive to potential new employees.	dem Personal großzügige Nebenleistungen / Zulagen anbieten
to be key for a country's future prosperity	A functional healthcare system is key for a country's future prosperity.	ein Schlüssel für den zukünftigen Wohlstand eines Landes sein
to relocate to a company's branch	Aiden relocated to a company's branch in New York to be closer to his family.	in die Niederlassung / Zweigstelle eines Unternehmens umziehen / übersiedeln
to become a happiness ambassador	Martin's dream was to become a happiness ambassador and travel to Bhutan to interview people there.	ein Glücksbotschafter/eine Glücksbotschafterin werden
to increase the GDP per capita	A more efficient economic system and enough stable jobs can increase the GDP per capita.	das Pro-Kopf-Bruttoinlandsprodukt erhöhen
Job satisfaction		
to get / offer fringe benefits / perks	Laura got fringe benefits from her new job at a tech start-up.	Zusatzleistungen / Zulagen / Nebenleistungen erhalten / anbieten
to get / offer bonuses	Panagiota got a bonus last year and was thrilled that she had chosen the company she did.	(Erfolgs-)Prämie / Zulagen erhalten / anbieten

to have a company car	Employees who have to travel a lot may have a company car.	einen Firmenwagen haben
to have five weeks' paid holiday	Employees in Austria who work 20 hours or more per week have five weeks' paid holiday every year.	fünf Wochen bezahlten Urlaub haben / bekommen
to offer / use childcare facilities	Members of a company who are mothers are encouraged to use childcare facilities available at certain company locations.	Kinderbetreuungseinrichtungen anbieten / nutzen
to get discounts on the firm's goods or services	Employees at the organic supermarket get discounts on the firm's goods.	Rabatte auf Waren oder Dienstleistungen des Unternehmens erhalten
to get health insurance	Some workers in the US only get health insurance when they are hired by a company that can afford to offer health coverage.	eine Krankenversicherung erhalten
to go on parental leave	Marie went on parental leave for almost a year after the birth of her daughter.	in Elternkarenz gehen
to have pension insurance	An incentive to be fully employed at a company is that you have pension insurance.	eine Pensionsversicherung haben
to get subsidised meals in the company canteen	Jack gets subsidised meals in the company canteen, but he doesn't like the salad.	ermäßigtes Betriebskantinen-Essen bekommen
to have unemployment insurance	Tobias appreciates that he has unemployment insurance because he works in the theatre and doesn't always have guaranteed employment.	eine Arbeitslosenversicherung haben
to experience a positive and productive atmosphere	Victoria feels fortunate that she experiences a positive and productive atmosphere when she is at work.	ein positives und produktives Arbeitsklima erleben / erfahren
to demonstrate compassion, respect and tolerance	As a team leader, Brandi demonstrates compassion, respect and tolerance when employees come to her for advice.	Mitgefühl, Respekt und Toleranz zeigen
to show commitment and motivation	Regina shows commitment and motivation when she takes charge of a new initiative.	Engagement und Motivation zeigen
to have a good work-life balance	Theresa has a good work-life balance; she rarely feels stressed about work tasks when she is away from her desk.	eine gute Work-Life-Balance haben
to have a good relationship with one's boss / colleagues	Barbara has a good relationship with her colleagues; they regularly eat lunch together and sometimes meet up outside of the workplace.	ein gutes Verhältnis mit dem Chef/der Chefin / zu den Kollegen/Kolleginnen haben
to have flexible working hours	Margarida has pretty flexible working hours at the graphic design office where she works.	flexible Arbeitszeiten haben
to have a good team spirit	More innovation tends to come from workplaces that have a good team spirit.	einen guten Teamgeist haben
to have job security	Frederic has job security; he knows that his skills will always be needed in his field.	einen sicheren Arbeitsplatz haben
to have training, up-skilling, mentoring or coaching opportunities	Maeve had a few up-skilling opportunities last year that she ended up taking advantage of and learning a lot from.	Fortbildungs-, Weiterbildungs-, Mentoring- oder Coaching-Möglichkeiten haben
to recognise hard work	Effective team leaders recognise hard work when they see it and make sure their team members know they did a good job.	harte Arbeit anerkennen
to get regular feedback	Roland gets regular feedback at his job and enjoys the opportunity to constantly improve his performance.	regelmäßige Rückmeldungen / regelmäßiges Feedback erhalten

to listen to feedback from staff and act on it	A good employer listens to feedback from staff and acts on it to make the work environment better.	sich das Feedback der Mitarbeiter/innen anhören und entsprechend darauf reagieren
to have company events / activities	The publishing house sometimes has company events and activities that allow all employees to get to know one another more.	Firmenveranstaltungen / Firmenaktivitäten haben
Happiness at school		
to consider happiness to be the end goal of education	Mr Nugent considered happiness to be the end goal of education and told us to figure out what we were truly happy doing.	Glück / Zufriedenheit als Endziel der Bildung betrachten
to bring positive psychology's goals of well-being and mental health support into the school setting	The hired speaker recommended that the college directors bring positive psychology's goals of well-being and mental health support into the school setting.	die Ziele der Positiven Psychologie in Bezug auf das Wohlbefinden und die Unterstützung der psychischen Gesundheit in den Schulalltag einbinden
to actively discuss a subject matter in class	Hans would participate if the teacher actively discussed a subject matter in class even though he normally isn't interested in group discussions.	ein Thema im Unterricht aktiv diskutieren
to have a very positive impact on students' overall happiness	An awareness of mental health has a very positive impact on students' overall happiness.	eine sehr positive Auswirkung auf die allgemeine Zufriedenheit der Schüler/innen haben
to take into account that students have different strengths and weaknesses, different character traits and tempers	Different teaching styles are necessary when you take into account that students have different strengths and weaknesses, different character traits and tempers.	berücksichtigen, dass die Schüler/innen unterschiedliche Stärken und Schwächen, unterschiedliche Charaktereigenschaften und Temperamente haben
to get the opportunity to enhance team player skills	When students are required to do group work, they get the opportunity to enhance team player skills and communicate effectively.	die Möglichkeit erhalten, die Teamfähigkeit zu verbessern
to learn how to practice resilience	Toby learned how to practice resilience by watching how calmly his older sister would react when there was a problem.	lernen, wie man sich in Resilienz / Belastbarkeit übt
to set the bar high	Nicole set the bar high by giving an excellent presentation about the history of the hot air balloon.	die Messlatte hoch legen
to overcome exaggerated perfectionism	Dave overcame exaggerated perfectionism in school after he realised that he got better grades when he didn't worry about making everything perfect.	übertriebenen Perfektionismus überwinden / ablegen
to better deal with frustration and disappointment	Students with stable mental health are able to better deal with frustration and disappointment.	besser mit Frustration und Enttäuschung umgehen