



the happiness-health connection

What's the relationship between happiness and health and why should it matter to you?

Research conducted at the University of Warwick¹ found that happiness follows a U shaped curve. We hit the bottom of the U at age 44 when we are at our most miserable, linger in this trough (ie middle age) for a few years before emerging in our 50s on an upward trail of increasing happiness as long as physical health is intact. Of course it's all relative – middle age can be fun!

Aside from the good news that we get happier as we get older, this study and many others, underline the fact that happiness and health go hand in hand. Take care of your health now – eat a good diet and exercise regularly – and you'll reduce the risk of health problems marring your quality of life later on.

your creature comforts

It might not buy happiness but we still need enough money to maintain a good standard of living.

Most Australians with retirement age in sight, would agree that preparing financially is a good idea. Yet research shows many people don't have a financial plan.

Read through this quick checklist to see how well prepared you are:

	Yes	No
Do you have a plan to eliminate debt?	<input type="radio"/>	<input type="radio"/>
Do you know how long your money will last after you retire?	<input type="radio"/>	<input type="radio"/>
Can you retire completely, or do you need to keep working for financial reasons?	<input type="radio"/>	<input type="radio"/>
Will you have dependants when you retire? How will your retirement impact them?	<input type="radio"/>	<input type="radio"/>
Do you know your eligibility for pensions or part-pensions?	<input type="radio"/>	<input type="radio"/>
If you are in a partnership, do you plan to retire together or does one of you intend to keep working, and what are the financial implications of this?	<input type="radio"/>	<input type="radio"/>

Talk to your adviser for more information on how to prepare for a good retirement, or visit www.ipac.com.au/lifedirections.

¹ Research Paper "Is well-being U-shaped over the Life Cycle?" 2008, Professor Andrew Oswald, University of Warwick, Professor David Blanchflower, Dartmouth College, US. The researchers returned these findings after analysing data on happiness and depression levels of more than 2 million people in 80 countries, including Australia. The results were remarkably uniform and applied to men, women, single and married people, with or without children, and to the rich and the poor.