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Why are Scandinavians so happy?

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**WHY ARE SCANDINAVIANS
SO HAPPY?**



**Faculty Forum
Thursday 10 April 2014
John Hasselberg**



We are at our best
when we are happiest
and we are happiest
when we are at our best.

WHAT DOES IT MEAN TO BE HAPPY?

<http://www1.eur.nl/fsw/happiness//index.html>

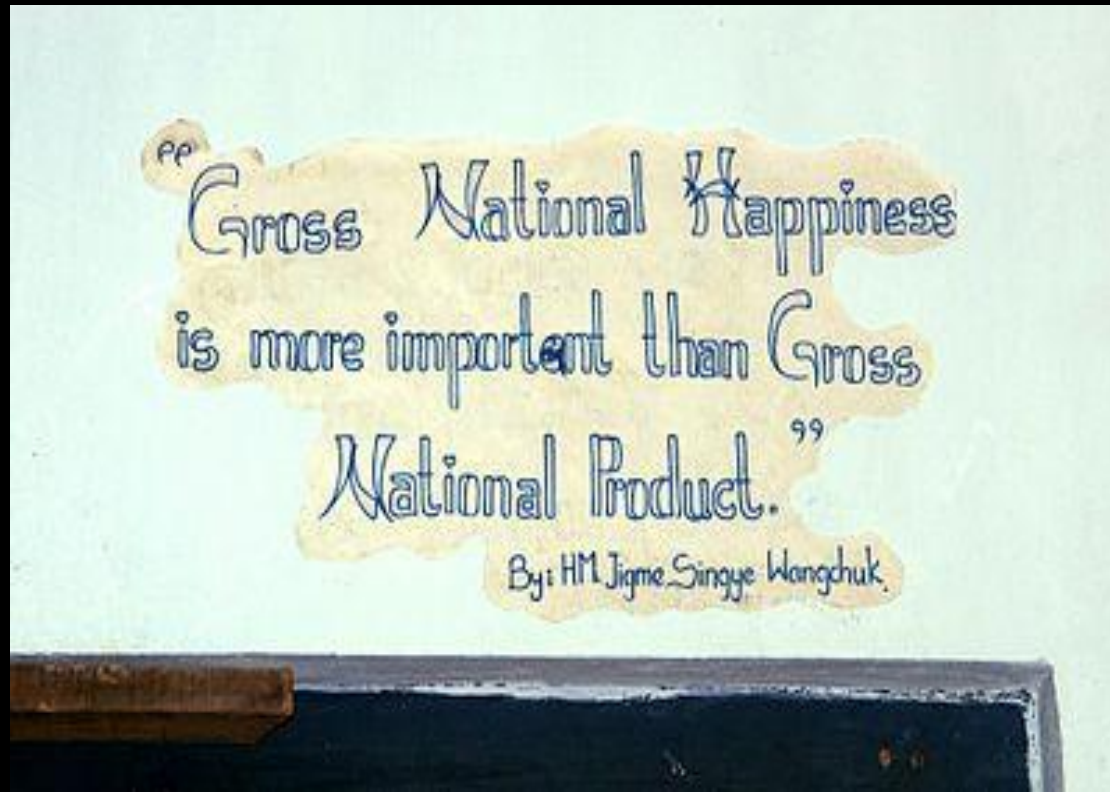
“Happiness,” the term that Aristotle uses to designate the highest human good, is the usual translation of the Greek *eudaimonia*. Although it is impossible to abandon the English term at this stage of history, it should be borne in mind that what Aristotle means by *eudaimonia* is something more like well-being or flourishing than any feeling of contentment. Aristotle argues, in fact, that happiness is activity of the rational soul in accordance with virtue....

There are two kinds of virtue: moral and intellectual. Moral virtues are exemplified by courage, temperance, and liberality; the key intellectual virtues are wisdom, which governs ethical behaviour, and understanding, which is expressed in scientific endeavour and contemplation.

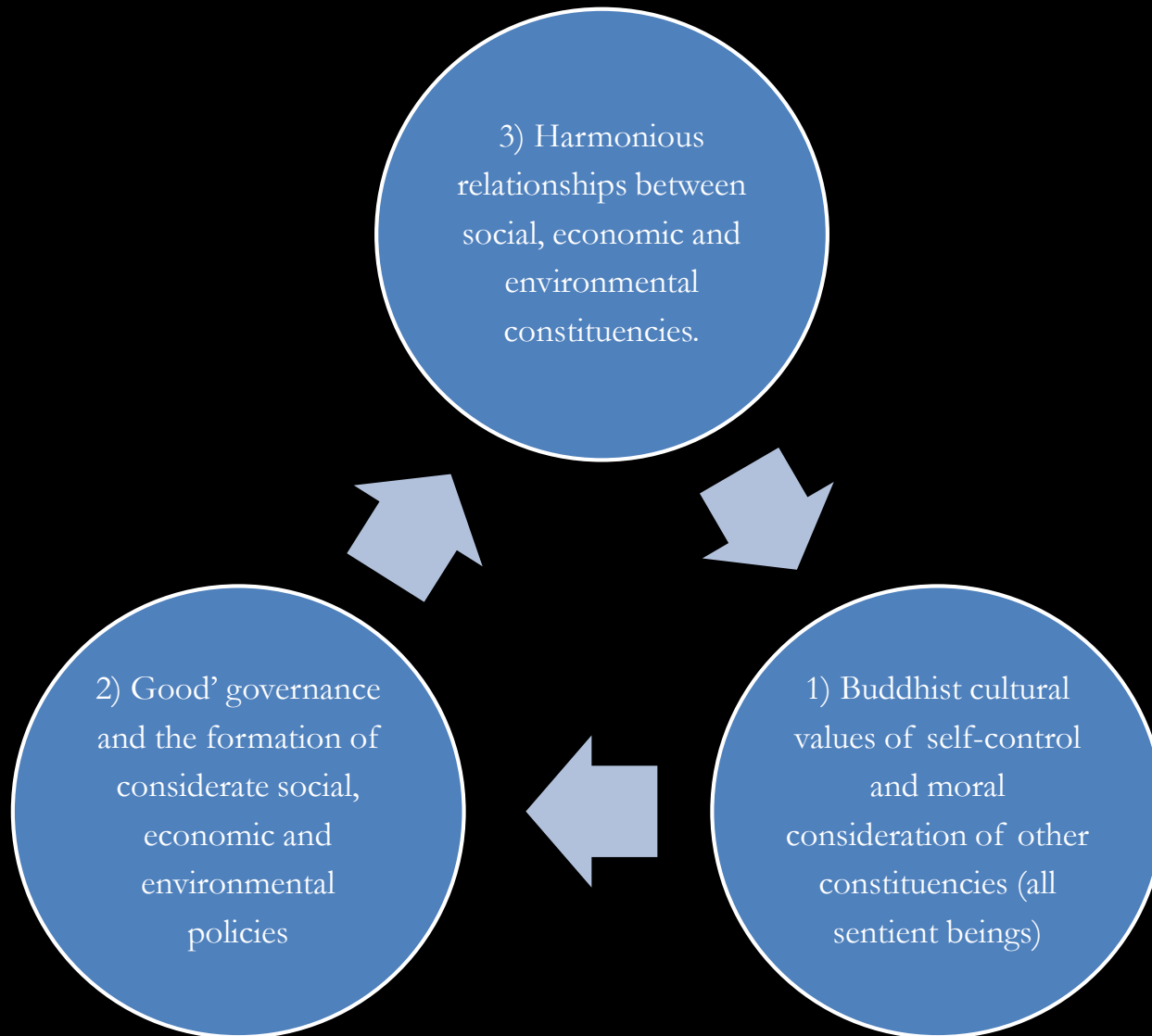


HAPPINESS
DOES NOT
COME FROM
ACCUMULATING
THINGS

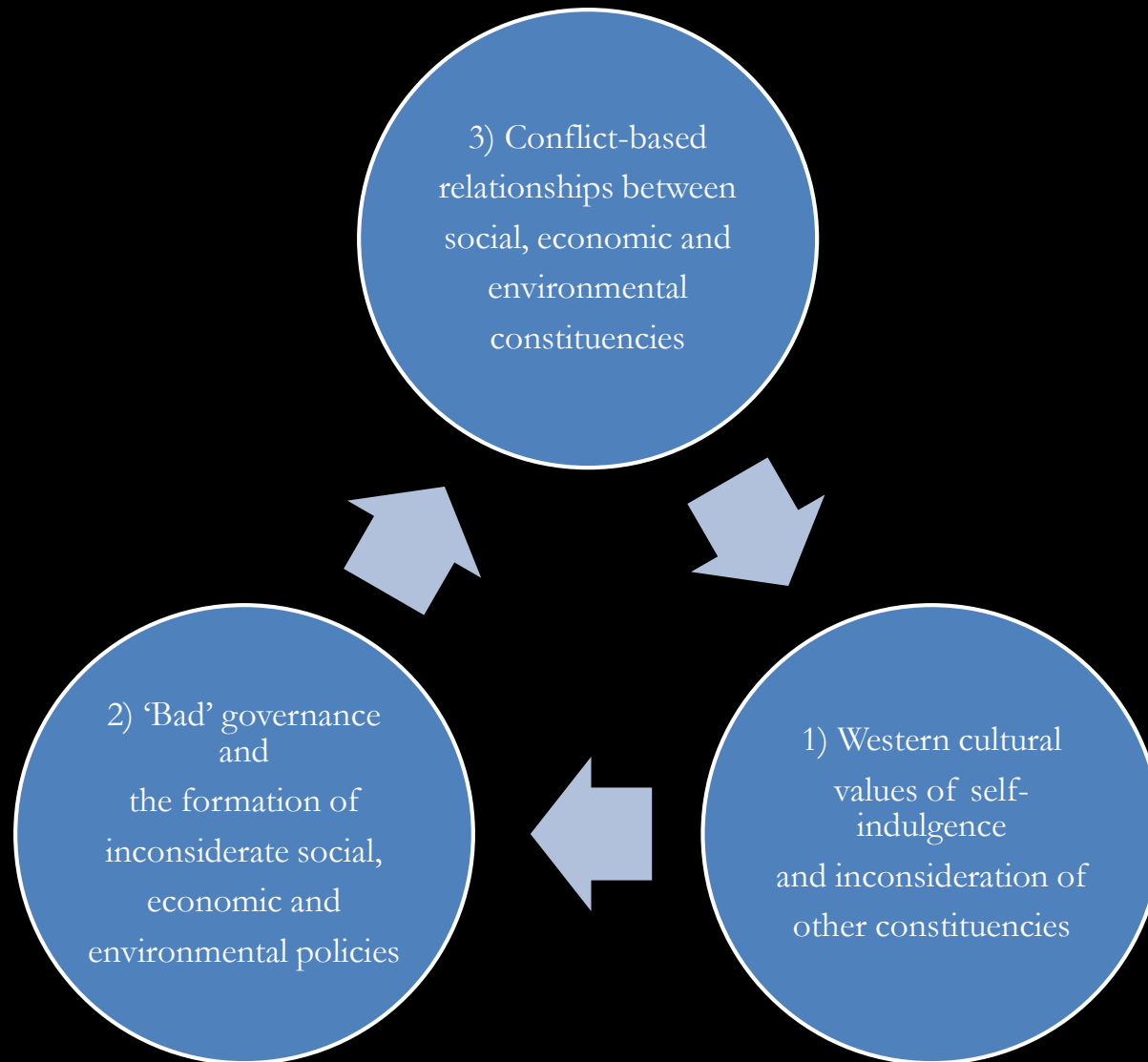
GROSS NATIONAL HAPPINESS



THE POSITIVE CYCLE OF GROSS NATIONAL HAPPINESS



THE NEGATIVE CYCLE OF GROSS NATIONAL UNHAPPINESS



BEST-GOVERNED COUNTRIES

Top of the class

2012 index rankings

Overall rank*	Country	Global competitiveness	Ease of doing business	Global innovation	Corruption perceptions	Human development†	Prosperity
1	Sweden	4	13	2	4	10	3
2	Denmark	12	5	7	1	16	2
3	Finland	3	11	4	1	22	7
4	Norway	15	6	14	7	1	1
5	Switzerland	1	28	1	6	11	9
6	New Zealand	23	3	13	1	5	5
7	Singapore	2	1	3	5	26	19
8	United States	7	4	10	19	4	12
9	Netherlands	5	31	6	9	3	8
10	Canada	14	17	12	9	6	6
11	Hong Kong	9	2	8	14	13	18
12	Australia	20	10	23	7	2	4
13	Britain	8	7	5	17	28	13
14	Germany	6	20	15	13	9	14
15	Ireland	27	15	9	25	7	10

Sources: World Economic Forum; World Bank; INSEAD and World Intellectual Property Organisation; Transparency International; UNDP; Legatum

*Based on equal weighting of indices †2011 ranking

FOLKHEMMET

The state should be a home for its people.

The foundations of this home are togetherness and fellow feeling.

The good home does not have privileged and underprivileged,
favorites and stepchildren.

In it, no one looks down upon another;

in it, no one tries to gain advantage at the cost of another;

and in it, the strong do not trample and plunder the weak.

In the good home, equality, consideration, cooperation and helpfulness prevail.

—Per Albin Hansson, 1928

WORLD'S HAPPIEST NATIONS ARE.....

http://www.rferl.org/content/scandinavia_meaning_of_prosperity_index/24267365.html

<http://edition.cnn.com/2013/09/09/business/earth-institute-world-happiness-rankings/>

<http://unsdsn.org/resources/publications/world-happiness-report-2013/>
<http://news.bbc.co.uk/2/hi/6563639.stm?lsm>

http://en.wikipedia.org/wiki/Satisfaction_with_Life_Index

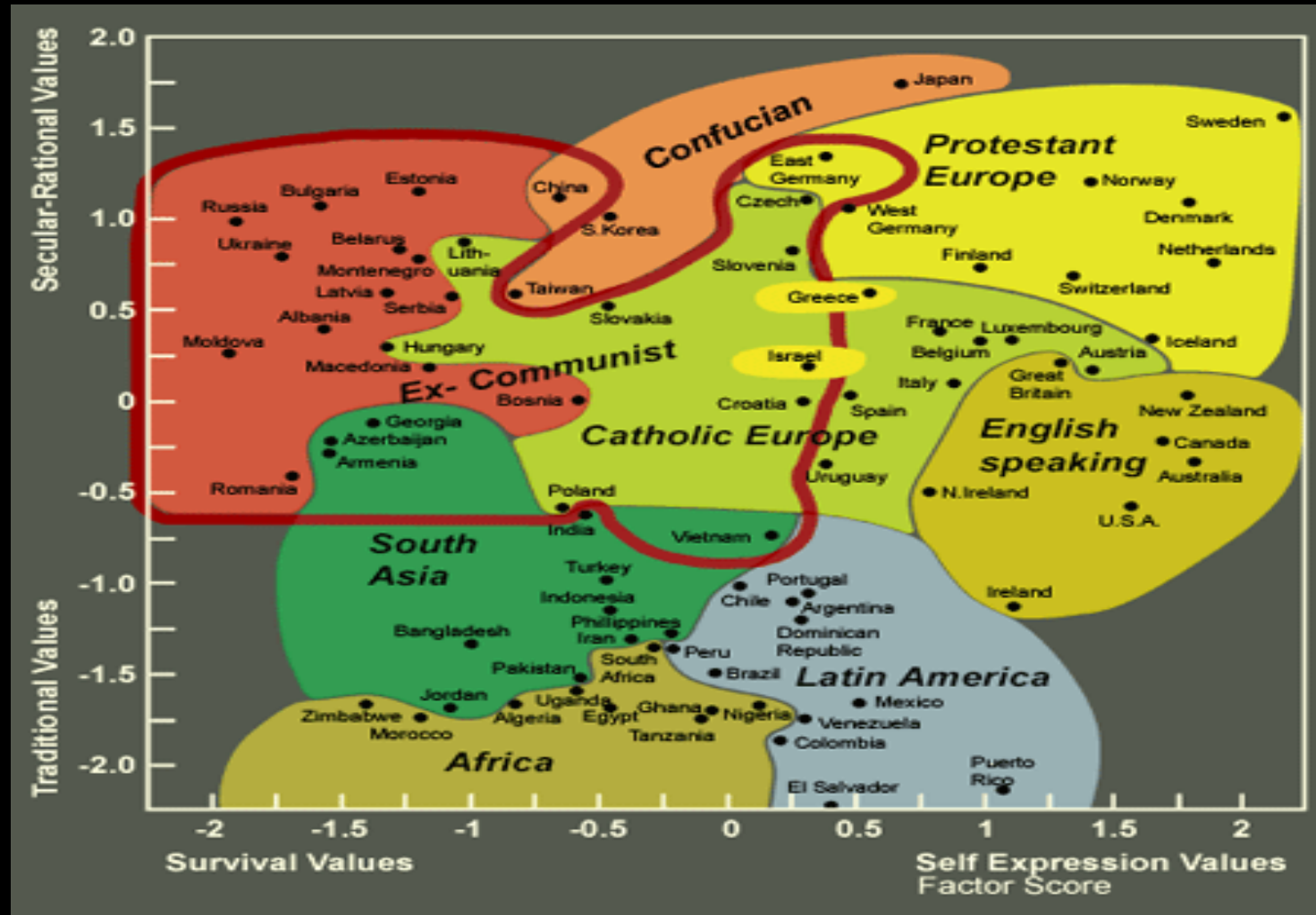
<http://www.prosperity.com/#!/?aspxerrorpath=%2Fcountries.aspx>

<http://www.economist.com/news/special-report/21570840-nordic-countries-are-reinventing-their-model-capitalism-says-adrian>

http://www.nytimes.com/video/technology/100000002599795/europes-start-up-superstar.html?nl=todaysheadlines&emc=edit_th_20131219

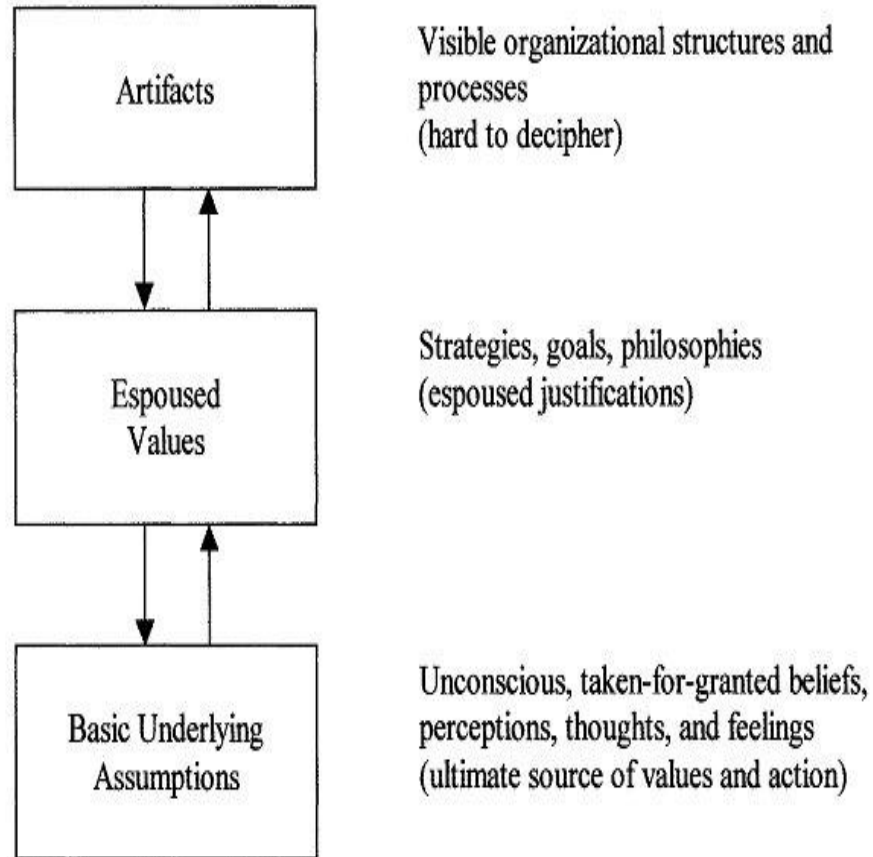
<http://thedailyshow.cc.com/videos/yk98ct/the-stockholm-syndrome-pt--1>

WORLD VALUES SURVEY



ON THE LEVEL/DIG DEEPER

Uncovering the Levels of Culture



A>>P>>F>>B

1—The organization's Relationship to its Environment

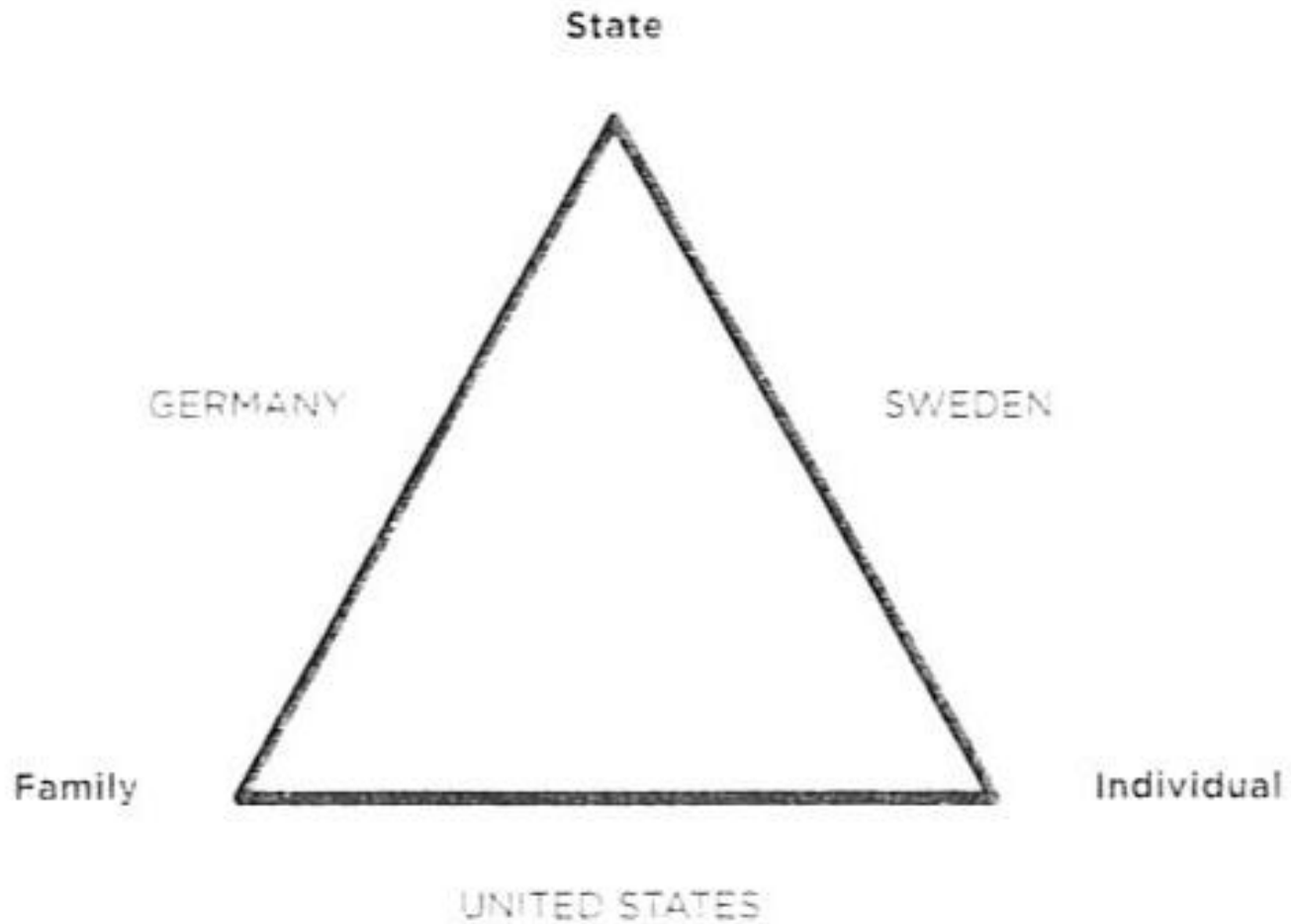
2—The Nature of Reality and Truth

3—The Nature of Human Nature

4—the Nature of Human Activity

5—The Nature of Human Relationships

POWER RELATIONS IN MODERN WELFARE STATES



Om du drömmer om att spela fotboll, ta en fika efter skolan eller att slippa bli bortgift...

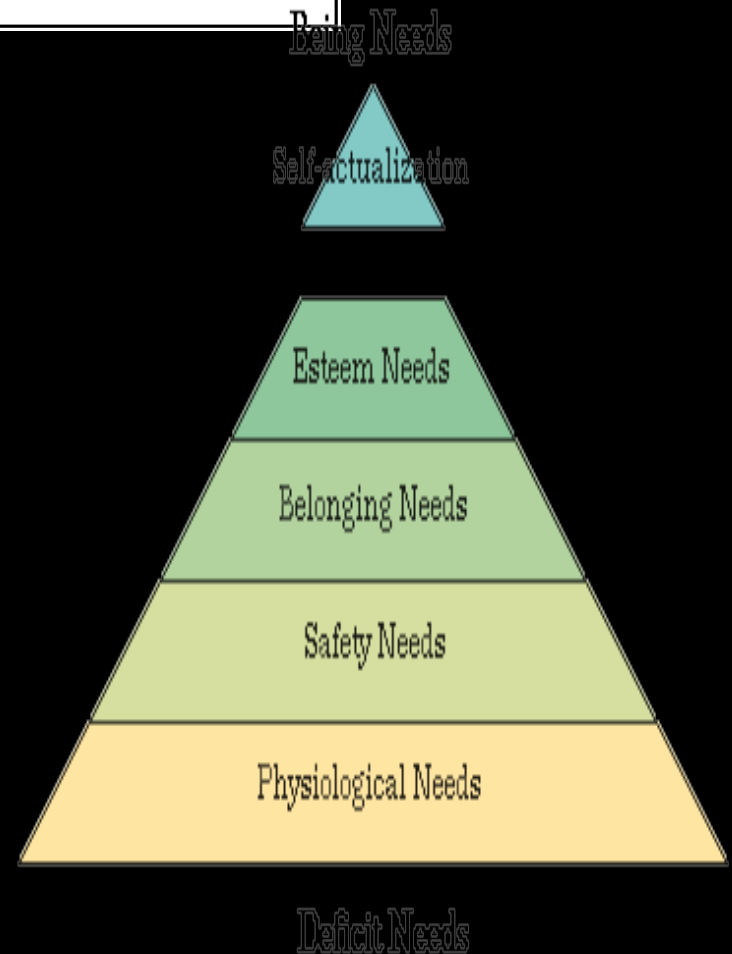
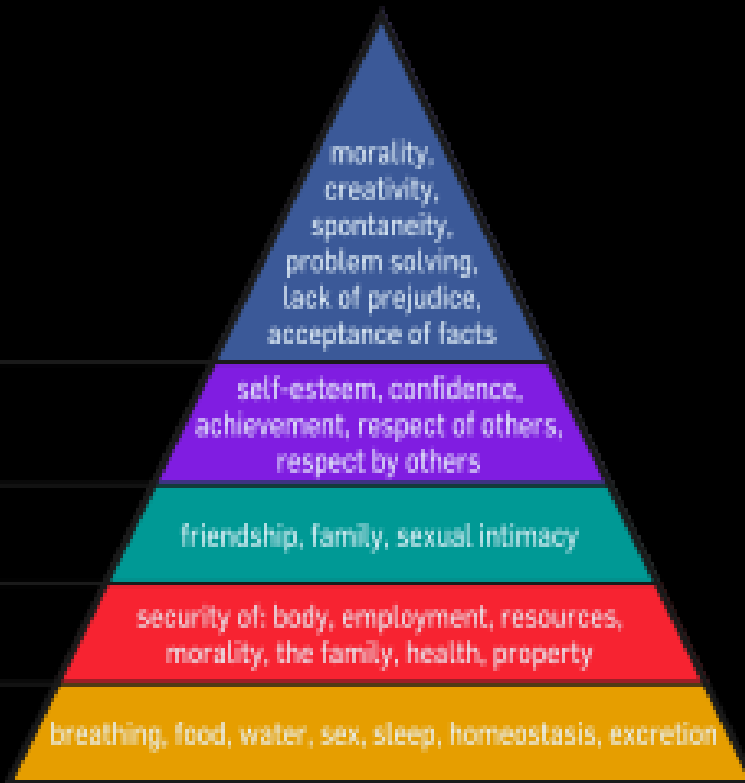
...så kan det vara så att din familj och släkt hindrar dig från att leva det liv du har rätt till. Din familj har rätt att bry sig om dig – men inte att kontrollera, kränka eller hota dig, eller tvinga dig till saker du inte vill. I Sverige finns tydliga lagar för att skydda barn och ungdomar – alla barn och ungdomar. Om det här är en vardag som du känner igen **...ska du absolut komma till oss.**

Läs mer på dinarattigheter.se eller polisen.se/komtilloss



Polisen

TWIN PEAKS

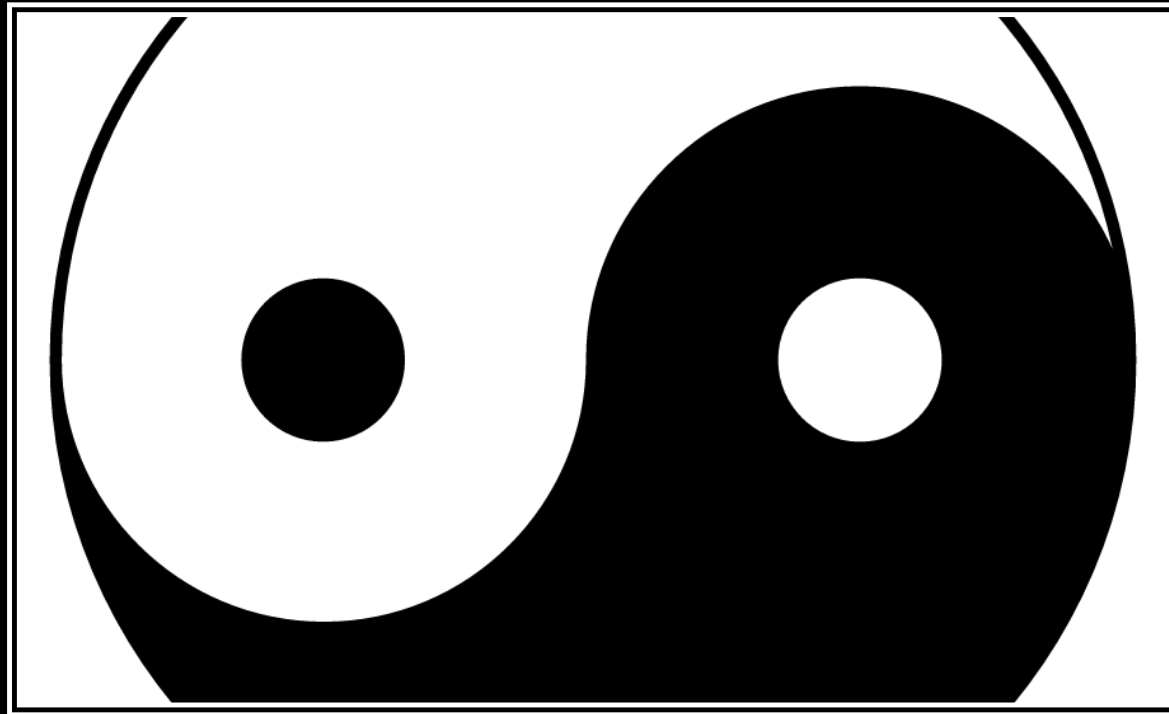


MASLOW

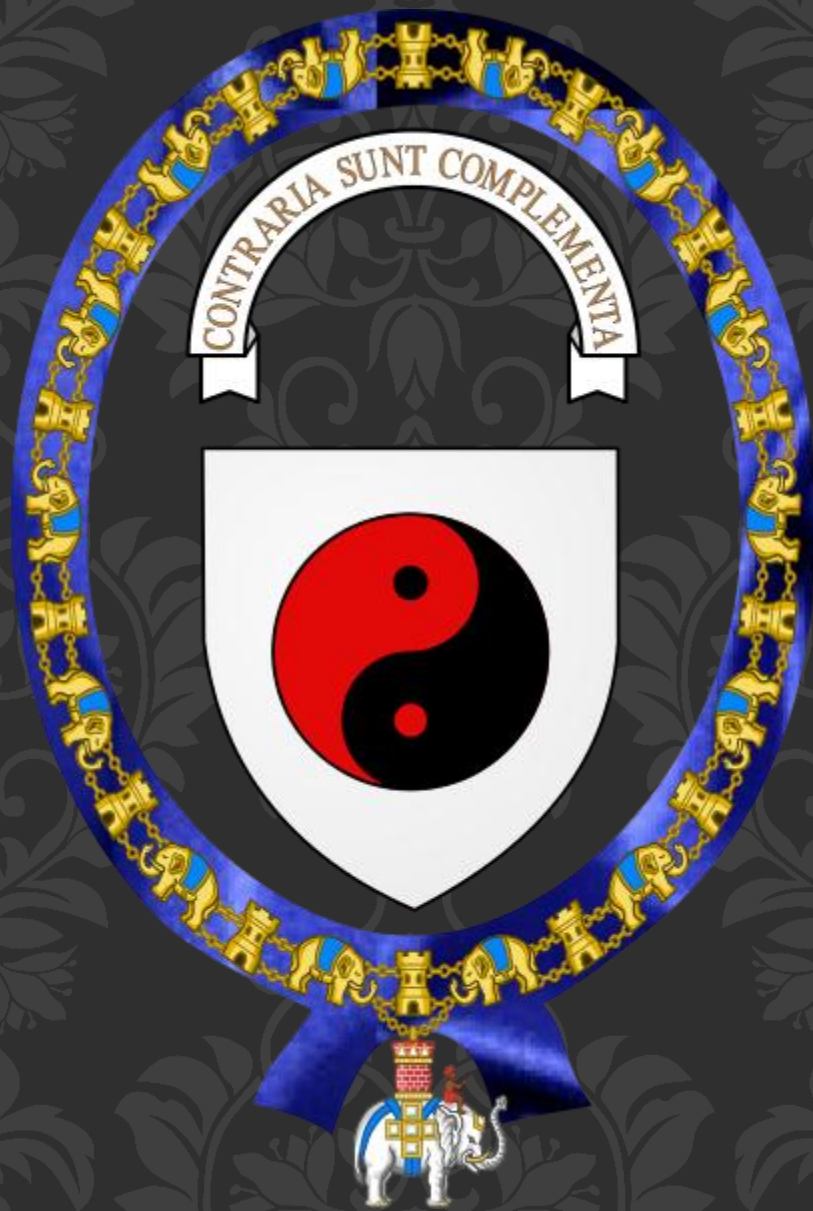
Buddha once said to the world, 'You are not the victims of an external law but of an internal cause.' This ancient principle certainly appears valid today. A hostile person living in utopia is still a hostile person and will even destroy it—unless it can change him or her first. The big challenge, therefore, is for us to integrate the Western and Eastern conceptions of self-actualization and inner peace. The good world helps to permit the good person to *be* good. It also helps to create good children who are more likely to become good adults.

A third assumption of self-actualization theory is that it very strongly requires a pluralism of individual differences. This requires that we accept hereditary, constitutional, and temperamental differences—and do so in a joyful rather than grudging way. Such true acceptance of individual differences has several key implications that should be stated briefly. Among these notions is the 'horticulture' rather than the 'sculpture' model of personality growth....[It] implies a kind of Taoism, an acceptance of what people really are; it necessitates a pleasure in the self-actualization of a person who may be quite different from yourself. It even implies an ultimate respect and acknowledgment of the sacredness and uniqueness of each kind of person....We have to enable people to become healthy in their own style....[T]he model of self-actualization so far seems not only cross-cultural but even cross-historical as well. In cultures as diverse as the Japanese and Blackfoot Native American, I have found significant similarities in how the saint or sage is depicted.

THE TAO OF LAGOM



Lagom, like the *Tao*, invokes a cultural preference for moving towards harmony and expressing this balanced way. *‘Lagom is a Swedish word with no direct English equivalent; just right; enough; sufficient, adequate; fitting, appropriate, suitable’*. But whereas words like *sufficient* and *average* suggest some degree of abstinence, scarcity, or failure, *lagom* carries the connotation of perfection or appropriateness. *Lagom är bäst*, literally *Lagom is best*, is translated as *‘Enough is as good as a feast’* by Lexin, the Swedish National Agency for School Improvement. That proverb is also often translated as *‘There is virtue in moderation’* i.e., a middle way of life .



JOY IN WORK

Of the four experts, Deming, who can be the harshest as a teacher, seems the most humanistic, insisting that it is every person's right to have "joy in work." He used to say "pride" until David Kerridge, a professor at the University of Aberdeen, pointed out that the Book of Ecclesiastes says "joy" in two different verses. Deming, whose one known hobby is writing liturgical masses, switched to joy. He estimates that no more than two in a hundred managers and ten in a hundred workers now have joy in their work.

Lloyd Dobyns, Clare Crawford-Mason, *Quality or else: the revolution in world business*, Boston: Houghton-Mifflin, 1991

ARBEJDSGLÆDE

<http://positivesharing.com/2008/05/of-brits-and-danes-and-happiness-at-work/>

SVENSK NÄRINGSLIV

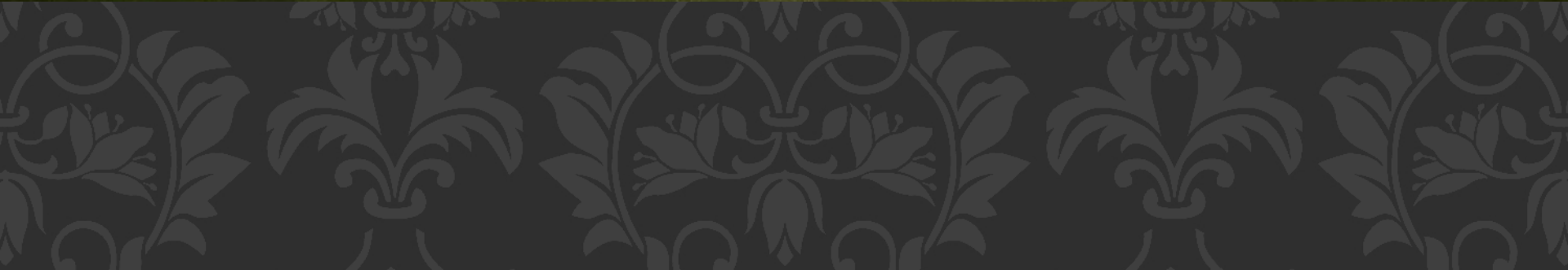
GENDER ENVY

**Why Scandinavian
women
make the rest of the
world jealous**

**In Sweden,
Men Can Have It All**

<http://blogs.reuters.com/great-debate/2013/10/31/why-scandinavian-women-make-the-rest-of-the-world-jealous/>

<http://www.nytimes.com/2010/06/10/world/europe/10iht-sweden.html?pagewanted=all>



The word "happiness" would lose its meaning
if it were not balanced by sadness.

We deem those happy
who from the experience of life
have learnt to bear its ills
without being overcome by them.

—Carl Jung

Their soul happiness was so pure that when they spoke of their experiences they did not feel pain; instead they felt relief and satisfaction of having the ability to have learned through their experiences.

—Elia Medina



HAVE YOU SEEN A HORIZON LATELY... y.o.

REMEMBER LOVE
YDAD 080

Galleri 5 - våning 5
29 maj - 8 augusti

HANDARBETETS KONPISAR
Handarbetskonpisar

KULTURHuset

Handarbetskonpisar
Handarbetskonpisar

WHAT IS YOUR *TEMENOS*?



In ancient Greek thought, the *temenos* is a magic circle, a delimited sacred space within which special rules apply and in which extraordinary events are free to occur..