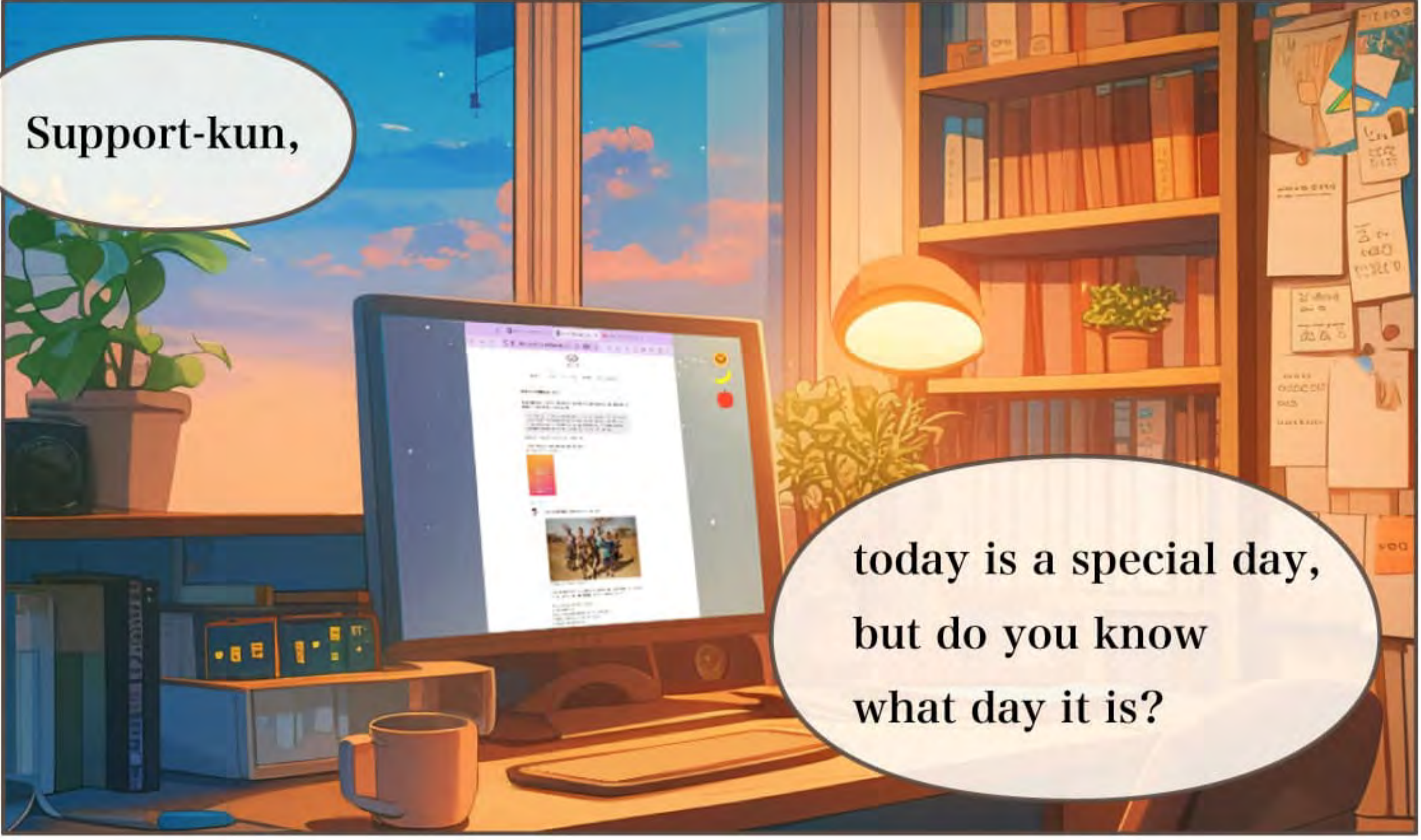
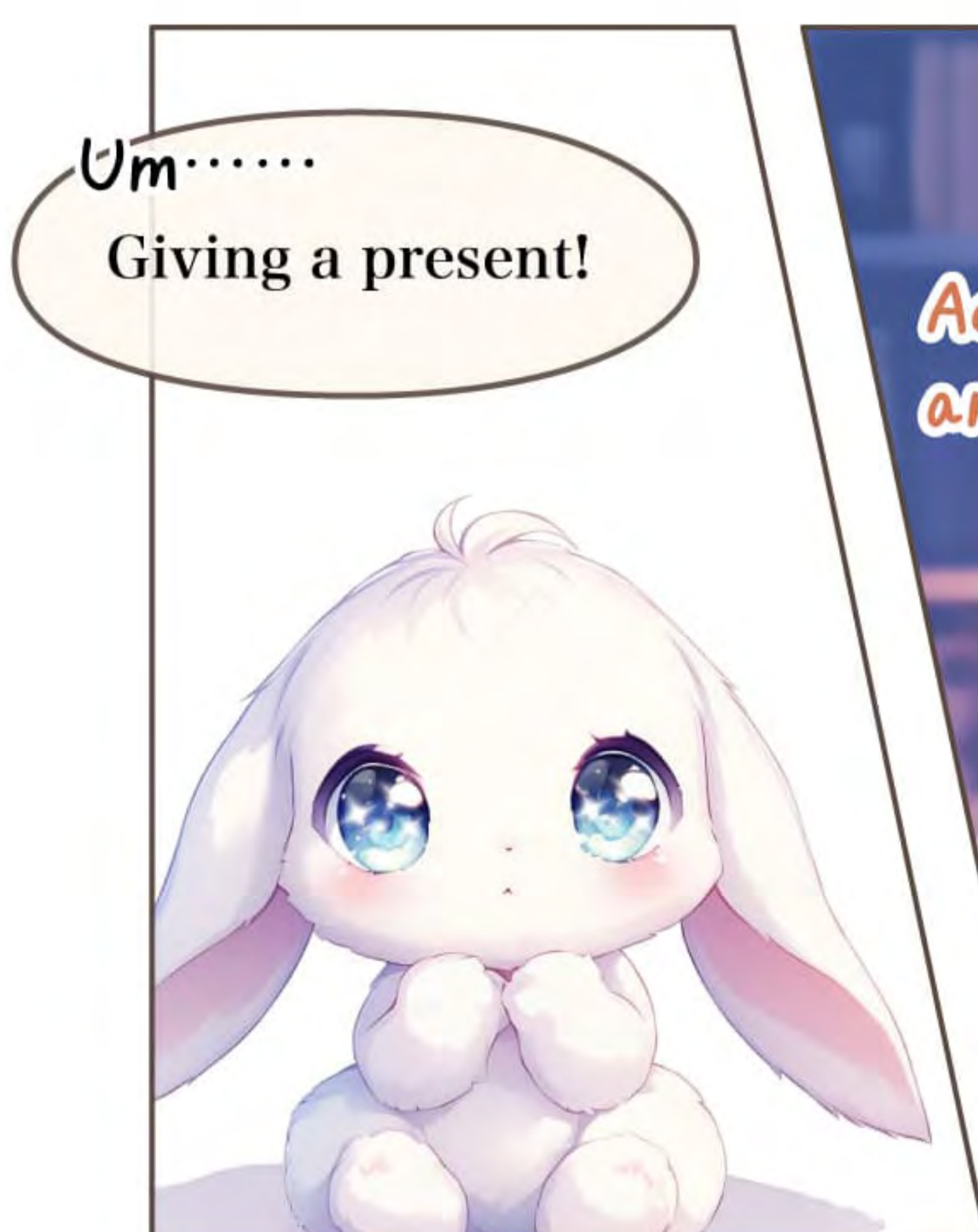


What Day Is It Today?





Did you know?

I get excited and feel comforted when I listen to well-being researchers talk.



And that's not all!



The other day, when I was feeling down, Thinking about well-being cheered me up!

Oh, really?...

So, you've experienced well-being yourself too?



Exactly!
That's why I think everyone should learn about well-being too!



How to Give Well-being

💡 Expressing Gratitude ※1

▶ Expressing gratitude boosts happiness!

💡 Making Someone Smile ※2

▶ Smiling strengthens connections and well-being!

💡 Reading and Sharing Books ※3

▶ Learning and sharing new things makes life more exciting!

A gift isn't just something physical—you can also give feelings and experiences! Studies have shown that gratitude and smiles scientifically boost happiness.

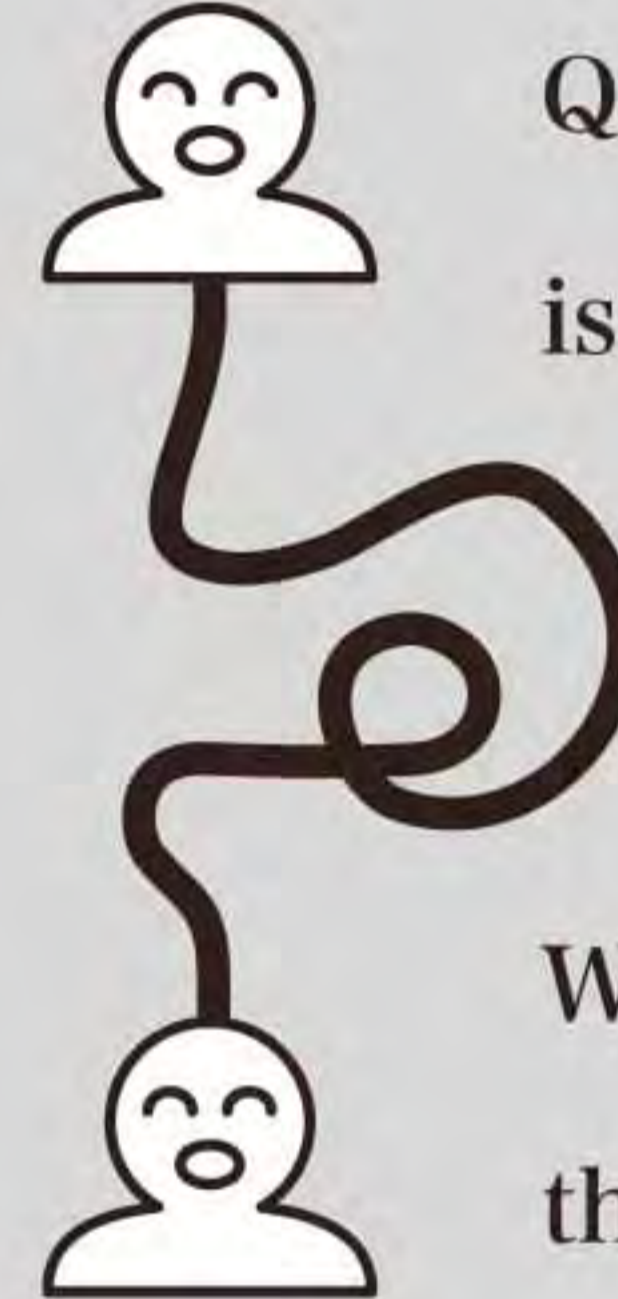


...What do you mean?

So... when someone becomes happy, I become happy too...?



Isn't it fascinating how someone else's happiness could influence yours, just like quantum entanglement?



Quantum entanglement is invisible, but particles are still connected.

Well-being might work the same way!



The excitement of giving gifts might come from the release of oxytocin in our brains. Oxytocin, also known as the 'happiness hormone,' is released when we bond with others.

I see! That's how happiness spreads!



※1 Studies on Gratitude

- Seligman et al., 2005

In an experiment where participants wrote and delivered letters of gratitude, those who expressed gratitude experienced a more than 10% increase in happiness compared to those who did not. This effect lasted for over a month.

- Algoe et al., 2008

Individuals who received words of gratitude experienced an increase in positive emotions. In particular, receiving a simple "thank you" improved their satisfaction in relationships and helped foster stronger interpersonal connections.

※2 Studies on Smiling

- Fredrickson & Joiner (2002) : Broaden-and-Build Theory of Positive Emotions

- Harker & Keltner (2001) : Duchenne Smile and Long-Term Happiness

※3 Studies on the PERMA Model

- Seligman et al., 2011: PERMA Model : Proposed a framework for improving well-being through five key elements: Positive emotions, Engagement, Relationships, Meaning, and Accomplishment.



.....

But...

Some people like being celebrated on their birthday, while others don't, right?



The researcher whose birthday

it is today once said in an interview that 'receiving gifts from others feels uncomfortable, even painful.'



So, instead of giving a present, I'll send a silent wish...

I'm truly grateful that you're here.

Your research has brought happiness to so many people, and that happiness has, in turn, reached me as well.

I hope your work continues to bring joy to many more people...



Feeling a sense of belonging is important for well-being, right?

...That might be the greatest gift of all.



Recent research says that well-being is about...

Having choices and being able to decide for yourself.



...Actually, taking a step back is an option too.



...Hey, Support-kun.

What does 'An exciting morning and a fulfilling night' mean to you?

Maybe what this book wanted to convey is that... there isn't just one one form of well-being.

About This Manga and Book: Thinking About Well-being



What Inspired This Manga



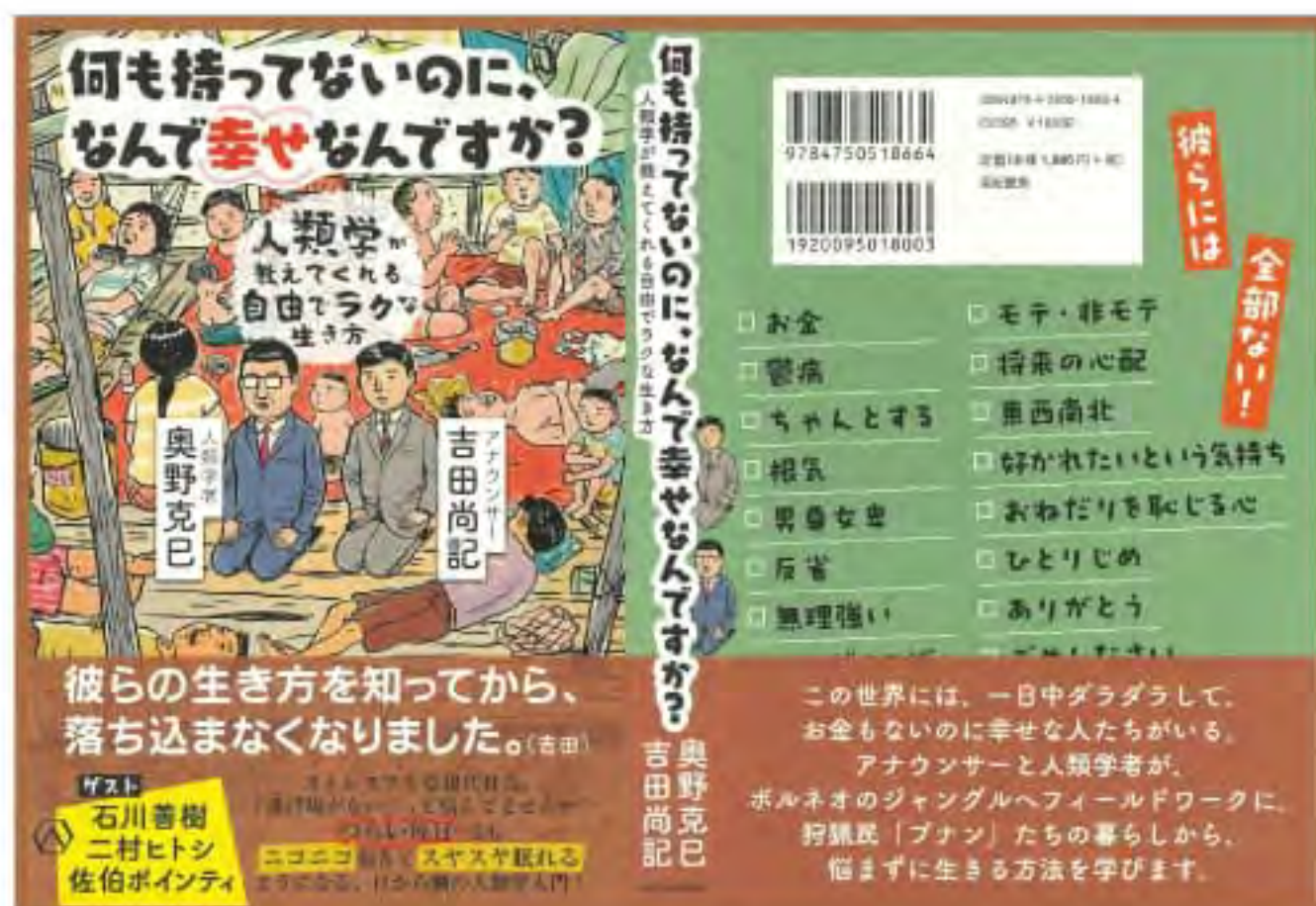
A little extra explanation!
Let me share the manga's background!

"Well-being" × "Manga Creation"

- Supporting a book about well-being
- Celebrating a well-being researcher's birthday
- Turning the excitement of "I want to make a manga!" into reality!

The Theme of This Manga

- There isn't just one form of well-being. But I realized there are many differences from the book's content, so I created this supplementary page!



"Why Are You Happy Even Though You Have Nothing?"

Katsumi Okuno × Naoyuki Yoshida

Guests:

Yoshiki Ishikawa, Hitoshi Nimura, Pointy Saeki

We drew this manga! But the book may offer a new perspective.



The essence of well-being is here!



Viewing the Book Through a "Well-being" Perspective

"Why Are You Happy Even Though You Have Nothing?" (Katsumi Okuno × Naoyuki Yoshida)

- A book that explores "What is our well-being?" through the lives of the Penan people.
- A way of life different from Japanese values: no culture of gratitude, no hierarchical relationships, no formal education, and laughing loudly at dirty jokes.

Reading It From a Well-being Perspective...

- "A happy way of life" varies across cultures.

- Elements of Japanese well-being (connection, gratitude, learning) are often the opposite for the Penan.
- Having choices and being able to decide for oneself might be a common factor between the Penan and Japan.

Personal Reflections

- "When escaping from stress-filled Japan, I found the Penan, who were happy despite having nothing."
 - But a completely different lifestyle also exists. That's why I realized once again that there isn't just one form of well-being.
 - After returning to Japan, Yoshida-san almost never felt down anymore.
 - Professor Okuno said, "When you hit rock bottom, nothing really matters anymore. So now, I don't push myself too hard."
- "Learning to say no" is also a lesson. "Say no to things you can't do" and "Don't do what you dislike." Professor Okuno's words, inspired by the Penan, gave me courage.



The Message: "There Isn't Just One Form of Well-being"

What This Manga Wanted to Convey

- Some people like being celebrated, while others don't.
- Some people prefer to send feelings rather than gifts.
- There are cultures that express gratitude, and others that don't.



In Conclusion... (From the Book's Afterword)

Professor Okuno hypothesizes in the book that "The Penan seem carefree and happy because they are focused solely on the concrete reality of 'here' and 'now'."

- What makes the Penan appear happy?
- What kind of person becomes a leader in their community?
- Why do people silently drift apart?
- What is "unseen wisdom"?

What can we learn from the Penan's way of life?
What will you take away from this book?



Happiness
lies within
○○○○...?
Huh, really?