

## Living by the sea makes us happier

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New research suggests that people who live close to the ocean or sea are happier. Researchers from the University of Exeter in the UK say people who live in coastal areas have better mental health than people who live inland. This is for rich people

and poor people. The researchers looked at data from surveys of 25,963 people. The surveys asked people questions about their happiness, lifestyle and income. They found that those who live within one kilometer of the coast are 22 per cent less likely to show any signs of mental health problems. People who lived more than 50 kilometers from the coast had more symptoms of mental health problems. The researchers found that poorer people living within sight of the coast were around 40 per cent less likely to have mental health symptoms than those who lived inland.

Lead researcher of the study, doctor Jo Garrett, said: "Our research suggests, for the first time, that people in poorer households living close to the coast experience fewer symptoms of mental health disorders." She said the area along coasts seemed to protect people from experiencing mental health problems. They seemed to improve people's health and wellbeing. Dr Garrett added: "When it comes to mental health, this protective zone could play a useful role in helping to level the playing field between those on high and low incomes." Another researcher, Dr Mathew White, said: "We need to help policy makers understand how to maximize the wellbeing benefits of 'blue' spaces in towns and cities. We need to ensure that access is fair and inclusive for everyone, while not damaging our fragile coastal environments."

Sources: [huffingtonpost.com](http://huffingtonpost.com) / [metro.co.uk](http://metro.co.uk) / [independent.co.uk](http://independent.co.uk)

### Writing

Living by the sea is better than living inland. Discuss.

### Chat

Talk about these words from the article.

research / mental health / inland / coast / surveys / lifestyle / income / symptoms / researcher / households / disorders / improve / wellbeing / playing field / benefits

### True / False

- a) Research says people by the sea are happier than people in the desert. T / F
- b) Rich people who live by the sea are happier than poor people. T / F
- c) The researchers looked at data from over 25,000 people. T / F
- d) Mental health problems start when people live 100km from the coast. T / F
- e) Poorer households on the coast suffer fewer mental health problems. T / F
- f) A researcher said towns should make more playing fields. T / F
- g) A researcher wants all people to have fair access to the sea. T / F
- h) A researcher was worried about protecting coastal environments. T / F

### Synonym Match

(The words in **bold** are from the news article.)

- |                      |                  |
|----------------------|------------------|
| 1. <b>close to</b>   | a. part          |
| 2. <b>poor</b>       | b. signs         |
| 3. <b>survey</b>     | c. face          |
| 4. <b>found</b>      | d. low-income    |
| 5. <b>symptoms</b>   | e. make better   |
| 6. <b>experience</b> | f. near          |
| 7. <b>improve</b>    | g. delicate      |
| 8. <b>role</b>       | h. make certain  |
| 9. <b>ensure</b>     | i. questionnaire |
| 10. <b>fragile</b>   | j. discovered    |

### Discussion – Student A

- a) What do you think of living by the sea?
- b) What are the good things about living by the sea?
- c) Why might living by the sea be good for mental health?
- d) How happy are you with where you live?
- e) Would living in a big city on the coast be good for mental health?
- f) Where is your perfect place to live?
- g) Is your lifestyle good for your mental health?
- h) What could you do to be happier?

## Phrase Match

- |                                      |                      |
|--------------------------------------|----------------------|
| 1. people who live close to the      | a. inland            |
| 2. people who live in                | b. is fair           |
| 3. people who live                   | c. likely to         |
| 4. those who live within             | d. role              |
| 5. 40 per cent less                  | e. coastal areas     |
| 6. people in poorer                  | f. environments      |
| 7. the area along coasts seemed to   | g. 1 km of the coast |
| 8. play a useful                     | h. protect people    |
| 9. We need to ensure that access     | i. households        |
| 10. not damaging our fragile coastal | j. ocean or sea      |

## Discussion – Student B

- What do you think about what you read?
- Would you prefer to live by the sea or in the mountains?
- What are the bad things about living by the sea?
- Should governments build more houses next to the sea?
- What are your happiest memories of being near the sea?
- How can we make towns happier places to live in?
- Should people be allowed to make beaches private?
- What questions would you like to ask the researchers?

## Spelling

- New research ueggssts that
- data from urveysys
- happiness, lifestyle and niocme
- less kilely to show any signs
- living within sight of the aocst
- mental health ypsotmms
- people in poorer oshoheluds
- mental health sddroeirs
- mprivoe people's health and wellbeing
- this roeptctive zone
- access is fair and nlisucive
- damaging our garifle coastal environments

### Answers – Synonym Match

1. f	2. d	3. i	4. j	5. b
6. c	7. e	8. a	9. h	10. g

## Role Play

### Role A – By The Sea

You think by the sea is the best place to live. Tell the others three reasons why. Tell them what is wrong with their places. Also, tell the others which is the worst of these places (and why): the countryside, the desert or the inner city.

### Role B – The Countryside

You think the countryside is the best place to live. Tell the others three reasons why. Tell them what is wrong with their places. Also, tell the others which is the worst of these places (and why): by the sea, the desert or the inner city.

### Role C – The Desert

You think the desert is the best place to live. Tell the others three reasons why. Tell them what is wrong with their places. Also, tell the others which is the worst of these places (and why): the countryside, by the sea or the inner city.

### Role D – Inner City

You think the inner city is the best place to live. Tell the others three reasons why. Tell them what is wrong with their places. Also, tell the others which is the worst of these places (and why): the countryside, the desert or by the sea.

## Speaking – Places to live

Rank these with your partner. Put the best at the top. Change partners often and share your rankings.

- |               |                   |
|---------------|-------------------|
| • The suburbs | • By the sea      |
| • The desert  | • The countryside |
| • A village   | • Inner city      |
| • Antarctica  | • The mountains   |

### Answers – True False

a	F	b	F	c	T	d	F	e	T	f	F	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.