

**Morning Speech on 28<sup>th</sup> April 2015.**

**By Ka Wai Soso SO (5D) and Elaine NG (5D)**

Soso: Elaine, you look sad. What's going on? Is there anything unpleasant happened to you?

Elaine: I'm actually doing alright. Thanks Soso. Just that there is a lot to finish before the school year ends.

Soso: I see. Cheer up, my dear! Have you noticed that when we walk along the streets of Hong Kong these days we don't often see people around us with a smile hanging on their faces?

Elaine: That's quite right.

Soso: Recently I read a survey report saying that Hong Kong people are not that happy in comparison with people in other Asian cities. As revealed by the Happy Planet Index by the United Nations, Hong Kong is ranked 72<sup>nd</sup> in the survey. I believe long working hours and stress at work are the major reasons they do not smile.

Elaine: I think the same like you. Moreover, as there is an extensive gap between the rich and the poor it causes serious social problems in Hong Kong, and the grassroots live a really hard life. Discontent with government policies is also a reason for the unhappiness and stress of many people in Hong Kong.

Soso: The fact is that Hong Kong people have an extremely negative view towards the problems they face. They are under high pressure from their work and daily life, but they do not know how to deal with it. If we stretch a rubber band too much, it will break; similarly, if we put too much pressure on ourselves, we will not be able to stand it and eventually will break down.

Elaine: Are there any common rules to follow to stay happy all the time?

Soso: We had better take action immediately if we discover that too much stress is on us! The best way is to spend more time with our friends and families, people who are willing to listen to our voices and comfort us. Real happiness comes from the way you live your life and the way you tackle your problems. Happiness is contagious. Take your first step and show others your smile!!

Elaine: Thanks Soso. I know why you are always smiling and in a good mood no matter what. Being around you makes me really happy.

Soso + Elaine: Thank you.