

## **Rich Does Not Mean Happy**

The discussion on money and happiness has been going on for a long time. There are some who believe that the more money you have, the happier you are. People are busy indulging in different activities while trying to be happy. You can buy food, clothing, shelter and other things that people need but these are just physical things. Money satisfies the physical needs of the person, but people need to understand that happiness is not physical. It is an inner feeling that a person has.

Those who rely on money will always count on getting more and will never be satisfied with the money they have. People who possess a lot of money have more things than others who have a moderate amount.

### **Luxuries and Focusing on Wants instead of Needs**

They have access to more resources and can get more luxuries to make them happy. However, the excitement that comes with the monetary things is only short-lived. After a while, the person becomes bored and looks for other things. You will find people with more money indulging in dangerous activities trying to fill the void that they cannot explain. Those with less money will not have the luxuries rich people have, but they have learned to find happiness in their lives without relying on money.

Most wealthy people waste time focusing on their wants instead of their needs, which should not be the case. Material things get old fast and after some time, people look for other new things to occupy themselves with. The more money one has, the more they will want to spend on things that are not considered valuable.

### **No Time**

There will also be unnecessary competition among other people who try to get more money than those surrounding them. They end up looking for ways they can make more money and end up losing focus on the things that truly make them happy. People who are focused on money find themselves working all the time that they do not have time to do the things they enjoy. Happiness comes in the form of having good health. You can buy a good medical cover and pay for the best treatment but cannot guarantee good health. If you are not healthy, you will not get to enjoy life.

The reason is that you will not be healthy enough to do the things you enjoy doing but will be limited. Those with terminal illnesses can agree that money cannot heal them. They might get better treatment to make them more comfortable, but the condition remains. Health is more important than money, and it is better to have good health with no money than have all the money in the world and be sick. People realize the value of good health, and that is why people are spending a lot of time doing research trying to find the cure to different illnesses. Money also does not change the way people feel about you.

## Money and Relationships

You might be rich but if you have a bad personality people will not want to be associated with you. If you have a good and warm personality, people will be attracted to you and will not mind spending time with you. However, if you have a bad personality, people will not want to be around you. You will not have many friends, and those who will be your friends will most likely be there because of the money you have.

The same applies to love. The money will not make people love you. You cannot buy the feelings the person has for you. It is not uncommon to find people who are married but do not love each other. They end up being unhappy since they chose money over love. In relationships, time spent with friends and family cannot be equated with money. You can use the money to get them gifts, but people appreciate the time taken to stay and interact with them doing different activities. This gives them a sense of belonging and appreciation and they treasure the memories.

Money is important as it gives people the ability to cater for their physical needs. However, people should not rely too much on money as other things bring happiness. Money only brings temporary happiness as it is only physical while happiness comes from within. Those who focus on money do not have time to spend with others or do the things for fun. As a result, they might end up getting stressed and frustrated, and this will take a toll on their health. People should spend time doing things they love and spending time with individuals who care about them. You can develop hobbies that are fun for you and do them as a form of relaxation. Having time to relax is good for the body, mind, and spirit and will contribute to good health. Money is necessary but is not the determinant of happiness. There is more to life than money and the things it can buy.