

Diamond Jubilee: Why The 'Right Kind Of Patriotism' Benefits Health

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Huffington Post:

Ignore those twinges of cynicism and embrace your inner patriot this weekend, as studies regularly show that nationalism makes people happy.

However, how happy you feel also depends on what you're taking pride in, noted researchers earlier this year.

In a report for *Psychological Science*, Matthew Wright, a political scientist at American University, and Tim Reeskens, a sociologist from Catholic University in Belgium found that more national pride correlated with greater personal wellbeing.

But they also noticed that those individuals who connected nationalism with respect for a country's institutions and values, rather than race or religion, were the most content.

Read the whole story: [Huffington Post](#)