

Down in the dumps? You should be more patriotic! People happiest when they feel like they ‘belong’ to a country

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Daily Mail:

Feeling proud to be British makes you feel good about life in general, according to scientists.

They found that the kind of pride that makes people happiest is when they feel they ‘belong’ to a country, regardless of ethnicity.

Researchers studied interviews of 41,000 residents of 31 European nations and found civic pride was most linked to a general feeling of well being.

This is often because those who felt a country’s laws, traditions and institutions made them feel they belonged often had a better quality of life overall.

The study was conducted jointly by political scientists and sociologists at Washington’s American University and Belgium’s Catholic University.

Read the full story: [*Daily Mail*](#)