

# Why are the Nordic Countries so Happy?

Welfare state generosity: Pensions, unemployment benefits, labor market regulation, and other benefits to protect citizens from harm

Democratic and well-functioning institutions: Free elections, free press, freedom of speech, low corruption, rule of law, government effectiveness

Trust in other people and trust in institutions: Feeling connected to others, trusting them, and caring about them

Freedom to make life choices: Liberated from material necessity, political oppression, and cultural intolerance

## The virtuous cycle:

