

Going UP

Humility: Being humble is the way to beat temptation, according to a study from the Kellogg School of Management in Illinois. Researchers found that those who congratulate themselves on their self-control were more likely to indulge bad habits and be enticed away from their goal.

Therapy: Counselling is a comparatively cheap way of making us happy, researchers from the Universities of Warwick and Manchester have discovered. The increase in wellbeing from four months of therapy (costing £800) is so large it would take a pay rise of more than £25,000 to achieve an equivalent increase in happiness.

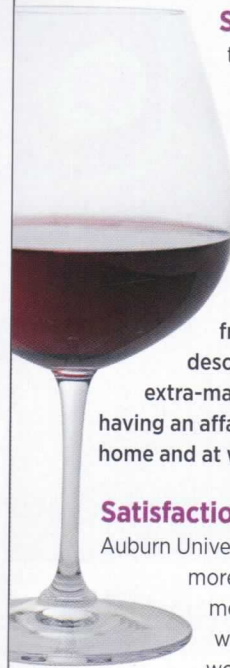


Consideration: The Department of Biobehavioural Health at Penn State University has found that bringing an argument with a partner to a close with a few kind words lowers stress-related proteins. If damage control in your relationship doesn't inspire you, maybe the idea of supporting your immune system will.



Potted plants: A more durable alternative to the bouquet, seasonal potted plants tick the eco box. Philippa Craddock (philippacraddock.com) delivers everything from tulips and roses to coffee and chilli plants, nationwide within two days.

Going DOWN



Sobriety: We're drinking to take the edge off an increasingly stressful work environment, according to a recent study by RSA Insurance. Half the 25- to 34-year-olds surveyed said their drinking levels had risen over the past year in line with their stress levels.

Fidelity: A recent survey from Illicit Encounters, which describes itself as the UK's largest extra-marital dating agency, suggests that having an affair could make us happier both at home and at work.

Satisfaction: According to a study from Auburn University in Alabama, USA, women are more likely than men to feel they don't meet their own high standards when it comes to family and work commitments.

Natural good looks: There's been an 82 per cent rise in men going under the knife since January 2009, reports thegoodsurgeonguide.co.uk. While it's good to know men care about their appearance, we're not so keen on the idea of cuddling up to silicon pecs or having a partner with a poker face.



We asked **Would you lie to avoid hurting someone?**
Yes 78% No 22%

Log on to psychologies.co.uk and tell us what you think