

The Perfect Day

In the endless quest for happiness, one burning question looms: *Can all your days be good days?* With the whirlwind of daily tasks pulling us in every direction, finding the perfect balance seems impossible. But hold on, according to a report from *Mail Online*, scientists in Canada claim they've cracked the code for a flawless day, and it might not be what you think. The secret formula? Surprisingly, it includes a short shift at work.

A study by the University of British Columbia suggests a "perfect day" formula involves dedicating 6 hours to family, 2 hours to friends, 1.5 hours to social interaction, 2 hours to exercise, and no more than 6 hours to work. The study also recommends limiting screen time to 1 hour and commuting to 15 minutes.

Here's a breakdown of the key components:

- **Family time:** 6 hours of quality time with family is considered crucial for a perfect day.
- **Social interaction:** While important, the study suggests that excessive social interaction (beyond 1.5 hours) may not add significantly to a positive day.
- **Exercise:** Two hours of exercise are recommended, potentially including activities like walking or spending time in nature.
- **Work:** The study found that working more than 6 hours negatively impacts the likelihood of having a good day.

- **Screen time:** Limiting screen time to 1 hour is suggested to be beneficial.
- **Commuting:** Brief commutes (under 15 minutes) were positively associated with a good day, possibly due to the emotional benefits of getting out of the house, according to the study.

Whether or not the perfect day formula holds up under further scrutiny, the idea that balance is key is something most of us can agree on. After all, can all your days be good days? According to science, with the right mix of family, friends, work, and just the right amount of screen time, they just might be.