**HOW DOES WELL-BEING AFFECT RELATIONSHIPS**

Maintaining relationships is a critical part of our overall well-being. The Australian Unity Wellbeing Index shows how strong relationships can help provide a sense of security Nd improve our overall well being. The close personal relationships bring a sense of purpose, value and happiness to our lives. When you think of the things that make you happy. Is it catching up over coffee with a friend? Have dinner with your partner, or play with your kids? Or is it competing in a close-fought pub trivia competition with your teammates? Whatever you came up with, we’d guess that many of these activities included a person who’s important to you. In many of our relationships – whether they’re with a partner, friends, family or colleagues – play a vital role in our everyday lives, reminding us that we’re loved and protecting us from feeling alone.

Both physical and mental Well-Being are key to the survival of a relationship, physical well-being is essential for maintaining healthy relationships. When we are physically healthy, we have more energy and stamina to devote to our relationships. We are also better able to cope with stress and conflict, which can be common in any relationship. On the other hand, mental well-being is also important for healthy relationships. When we are mentally healthy, we are better able to communicate effectively, manage our emotions, and resolve conflict. We are also more likely to be supportive and understanding of our partners. Emotional well-being is another important factor in healthy relationships. When we feel emotionally secure and supported, we are more likely to be open and vulnerable with our partners. We are also more likely to feel happy and satisfied with our relationships.

Relationships affect our overall well-being in that, humans are social creatures, that is, we need social outlets and connections to thrive and feel valued. Active and healthy relationships with other people stop us from feeling isolated and create a sense of security that, no matter what life throws at us, we don’t have to face it alone.

If we don’t have strong relationships in our lives, the opposite can feel true – we feel unloved and unimportant, and less equipped to tackle life’s obstacles. As a result, our intimate relationships are crucial to our overall wellbeing. They influence how we rate our happiness, and help us to maintain a strong connection to our community, which also supports better wellbeing.  Specifically, good relationships that contribute to our wellbeing are defined by a sense of trust, mutual support, feelings of affection and (romantic or non-romantic) intimacy. These types of relationships can come from our friends, our family, workmates or, yes, partners. Whoever your relationships are with, however, it’s crucial to nurture them and strengthen them. We can tend our relationships by spending time together, making space to listen to each other’s hopes and dreams, and by offering support when times are tough. By regularly and communicating their importance in your life, you build your relationships and, in turn, build and maintain your wellbeing.

People who are more socially connected to family, friends or their community arehappier, physically healthier and live longer, with fewer mental health problems than people who are less well connected.

Positive relationships are more than the number of friends one can have. It is also not about whether you are in a committed relationship or not. It is the quality of your close relationship that matters. Living in conflict or a toxic relationship damages your mental well-being more than being alone. As individuals living in a society, we must prioritize investing in building and maintaining good relationships and tackling the barriers to forming and maintaining them.

There are many benefits of having good close relationships, especially in times of crisis. First of all, having close relationships can provide us with a purpose and a sense of belonging. Close relationships result in increased happiness and life satisfaction, improved psychological well-being, and reduced risk of suicide and death. These relationships provide a sense of companionship, intimacy and social support. Some also connect to an individual’s social network and reduce financial stress. They also reduce stress levels and modifiable health behaviours such as tobacco and alcohol use as well as improve self-esteem, exercise and [diet](https://www.lybrate.com/topic/healthy-diet" \t "_blank).

Your overall quality of social relationships is often a strong indicator of your mental health. Toxic people and relationships can take a toll on your health because they leave you feeling down and emotionally drained. Negativity tends to dominate a toxic relationship, making you carry the weight of emotional baggage, shame, and hurt. Similarly, the trauma in a toxic relationship may leave you isolated from other kinds of support.

Well-being can impact a relationship in that, when both partners are experiencing good emotional well-being, they are more likely to establish a strong emotional connection. Emotional well-being allows individuals to be more open, empathetic, and supportive, fostering a deeper bond and understanding between partners. This thereby bring about good communication. Positive well-being can enhance communication within a relationship. When individuals are feeling mentally and emotionally balanced, they are better equipped to express their needs, concerns, and feelings effectively. This promotes healthier and more constructive communication patterns, leading to a stronger relationship.

Furthermore, when both parties in the relationship are both healthy, it brings about better conflict resolution, in that when both partners are in a state of well-being, they are more likely to approach conflicts with patience, empathy, and a willingness to find mutually beneficial resolutions. Conversely, when one or both partners are experiencing poor well-being, conflicts may escalate, leading to strain in the relationship.

Well-being enables individuals to provide support and empathy to their partners. When each person in the relationship feels emotionally and mentally stable, they are more capable of offering understanding, compassion, and encouragement during challenging times. This support system enhances the overall quality of the relationship.

Furthermore, the well-being of both partners contributes to their overall relationship satisfaction. When individuals are happy and content with their personal lives, they are more likely to experience satisfaction within their relationship as well. Conversely, if one or both partners are experiencing low well-being, it can negatively impact their relationship satisfaction and overall happiness.

In conclusion, it is important to note that maintaining well-being is a shared responsibility within a relationship. Partners can support each other's well-being by practicing self-care, promoting open communication, and offering assistance during difficult times. Additionally, seeking professional help or counseling can be beneficial if either partner is experiencing significant well-being challenges that affect the relationship.

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