**How Wellbeing Affect Relationships**

Introduction

 Relationships, including those with ourselves, are critical to our mental health. People who have healthy, positive, and supportive relationships are happier and healthier. Relationships, whether with a partner, friends, family, or colleagues, play an important role in our daily lives, reminding us that we are loved and keeping us from feeling alone. Developing and maintaining positive relationships with others can also help to alleviate loneliness and improve mental health issues like stress and anxiety. Well-being is important in relationships because it directly affects the emotional, mental, and physical states of those involved. Here are some examples of how well being can affect relationships.

 Emotional Connection: When people are feeling good about themselves, they are more likely to connect emotionally with others. They are more empathetic, understanding, and supportive, which strengthens the emotional bond between people. Relationships appear to contribute to happiness by sharing positive moments and events, as well as positive responses. The sharing of experiences with enthusiasm and willingness to participate, as well as an interest and emotional engagement, significantly increases the positive event's impact and improves both the relationship and the individual's well-being. (Mertika, Mitskidou, and Stalikas, 2020)

 Conflict resolution: Individuals' well-being influences how they handle conflicts in relationships. Individuals who are stressed, anxious, or unhappy may struggle to manage conflicts constructively. Conflict elicits strong emotions, which can result in hurt feelings, disappointment, and discomfort. When handled improperly, it can lead to irreparable rifts, resentments, and break-ups. Individuals in a state of well-being, on the other hand, are more likely to approach conflicts with a calm and positive mindset, leading to healthier resolution strategies like use of humor in conflict resolution, making conflict resolution the priority rather than winning and focusing on the present.

 Interdependence: Individuals' ability to engage in interdependent relationships is affected by their level of well-being. If we were to think about the best times in our lives, chances are they involved other people. We enjoy sharing our experiences with others, and our desire for high-quality relationships may be rooted in a deep the need to belonging. Individuals who are satisfied and content with themselves can contribute positively to the relationship rather than relying solely on their partner for happiness. (Carr D, Freedman, V. A., Cornman, J. and Schwarz, N. 2014) This balanced approach promotes healthier, more satisfying relationships. Another way to understand the absence of well-being is to consider the absence of relationships. Loneliness and depression can result from a lack of social connections. When social relationships are denied, people suffer. Withholding social relationships is used as a form of punishment in many societies.

 Communication: Communication involves both verbal and nonverbal communication. One's level of well-being influences effective communication in relationships. We can say a lot without speaking when we communicate. Our body posture, tone of voice, and facial expressions all send a message. These nonverbal communication methods can convey to the other person how we feel about them. Individuals who are mentally and emotionally healthy can express their thoughts, feelings, and needs more clearly. Good communication promotes understanding, decreases conflicts, and encourages healthy problem-solving. Listening is a critical component of effective communication. One's level of well-being influences how willing and able one is able to comprehend information.

 Interpersonal and Physical Intimacy: Physical well-being, which includes factors such as fitness, energy levels, and overall health, can have an impact on the physical aspect of relationships. In a broad sense, intimacy can be defined as a dyadic exchange involving the sharing of personal and private information (Prager, 1995). It can be realized through intimate interactions and relationships that include both verbal and nonverbal communication as well as shared behavioral, physical, emotional, and cognitive experiences (Prager, 1995). When people prioritize their health, they often have more energy and feel better physically, which can benefit their intimate relationships. Friends and romantic partners may share health behaviors such as wearing seat belts, exercising, or abstaining from heavy alcohol consumption. Another reason is that people who receive social support may experience less stress. Stress, it turns out, is linked to a number of health issues. (Lomanowska, & Guitton, 2016)

 A number of studies have found that physical as well as online social interactions improve psychosocial well-being by increasing self-esteem and self-efficacy (LaRose et al., 2001; Shaw and Gant, 2002; Steinfield et al., 2008), improving mood increasing perceived social support and reducing loneliness, as well as lowering the incidence of depression and anxiety (Beaunoyer, Arsenault and Lomanowska, 2017)

 Certain forms of intimacy such as Self-disclosure, particularly confiding, and social support are thought to be especially important in mediating the beneficial effects of intimacy on health and well-being. Intimate interactions are also an important source of social support, such as when one partner expresses personal feelings and the other responds with understanding and reassurance. When people prioritize their health, they often have more energy and feel better physically, which can benefit their intimate relationships. (Lomanowska, & Guitton, 2016)

 Supportive Environment: A person's health influences their ability to support their partner. Emotional, instrumental, appraisal, and informational support are all examples supportive environment. Intimate contacts play a crucial role in supporting the emotional aspects of social support, which assist individuals build confidence in their own abilities to cope with stressful events, hence increasing self-efficacy and self-esteem. When people are mentally and emotionally stable, they are better able to offer encouragement, understanding, and assistance during difficult times. (Mertika, A., Mitskidou, P., and Stalikas, A.2020).

People who experience several stressful life events, according to the Stress Buffering Model, are better equipped to cope with the stresses when they are supported by others; hence, social ties are a helpful coping mechanism against the harmful consequences of stress. This encouraging environment helps to strengthen the relationship and improves overall well-being.

 Personal Well-Being Contributes to Relationship Satisfaction: satisfaction. Individuals who are satisfied, pleased, and happy with their own lives are more likely to bring a positive attitude and energy to their relationships. The strong desire to connect with others is due to the benefit partnerships provide to our own well-being. After all, we draw significant significance from our interpersonal ties, as evidenced by the joy a newborn offers to its parents, the joy of a wedding, and the wonderful sensations that come from having dependable, supporting friends. In fact, research suggests that partnerships can be sources of intimacy and closeness, comfort, and stress alleviation. This might lead to increased feelings of fulfillment and pleasure within the partnership.

conclusion

 Prioritizing one's own well-being strengthens the foundation of a relationship, favorably influencing emotional connection, communication, conflict resolution, and overall relationship satisfaction. Individuals who take care of themselves can bring their best selves to the relationship, resulting in a happier and more rewarding partnerships.

References

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