**HOW DOES WELL-BEING AFFECT RELATIONSHIPS**

 **Introduction**

The well-being we cultivate in our lives is essential to our relationships. Why is that so? Let’s begin to answer this question by first exploring the type of relationships; family, friendship, colleagues and lovers and also different aspects of well-being and how well-being affects our relationships.

**Types of relationships**

* **Family relationship**

This is the type of relationship where there’s connectedness between members of a family. It can be by blood, marriage. Well-being play a central role in shaping the relationship between family members. Those getting support from family members may feel a greater sense of self -worth and this enhances self -esteem and psychological response in their relationship.

* **Friend** **relationship**

This is a social relationship where partners provide support according to their abilities in times of need. Most people count good friends as the most important people in their lives. Good friends communicate openly. Friendships are directly affected by the well-being of both parties involved. When both parties involved get to get what they need from the friendship then there is going to be a strong relationship where both friends support each other through challenges, support each other emotionally, feel a sense of belonging and also less lonely.

* **Work/colleague relationship**

This is a relationship with which people working in a profession or business share, work place well-being relates to all aspects of working life. Fostering employee well-being is good for the workers and the organization. Well-being can be a core enabler of employee engagement and organization performance hence improving the relationship among co-workers.

* **Lovers relationship**

This is a relationship where there is romance between people who are not married, it can also be called dating. The well-being that can be modulated shared experiences, the sense of attachment and relief which arise from the whole experience could contribute to people’s mental and physical health and hence improving relationship between the partners involved.

**Aspects of well being**

Well-being is when we feel a positive quality of life experience. It can be classified into six aspects

* **Physical well-being**

This is about being safe and in good health, it relates to factors such as; diet, exercise, rest and sleep.

* **Intellectual well-being**

This comes from pursuing challenging and stimulating activities for development and growth. It involves creativity, curiosity and openness to new ideas.

* **Social well-being**

This is the state of positive relationship with people. Social stability, social trust, social connectedness and social network are primary needs for social wellness. Some social well-being features involve moral standard, child development, freedom and response.

* **Vocational well-being**

This is ability to achieve personal satisfaction and fulfillment from work, maintain balance in our lives and make a positive difference within the organization we work at.

* **Emotional well-being**

This describes a mental state where we have positive feelings of satisfaction, confidence and engagement with the world. This helps people cope better with the normal ups and downs in life.

* **Inner well-being**

This is harmony within our inner life and outer world. It is about the feeling of finding something in life and the feeling that we are part of something larger than the challenges we face in life.

**Effects of well-being**

Satisfying relationships not only make people happy but also associated with better health and longer life. Relationships are connected to some of our strongest emotions.

When they are positive we feel happiness, contentment and calm.

Your actions and moods can influence the people with whom we come in contact with. When you become happier it helps the people around you increase their own happiness. When they are happy we feel happiness and contentment and calm.

**Positive effects of well-being in a relationship**

1. It creates a happy relationship.

Where both partners are receiving a good satisfaction a happy relationship is built.

1. It minimizes conflicts in relationships.

Where one’s mental health is positive the people in that relationship will cope better with normal ups and downs in their lives.

1. It builds a long and healthy relationship.

Physical well-being ensures a long and healthy relationship as the partners, friends or even family are feeling safe are both in good health.

1. It creates strong and supportive relationship.

Well-being creates a strong and supportive type of relationship. This in return will have a notably positive effect in that relationship as both parties will be feeling a sense of belonging.

1. It maintains balance in a person’s life.

Vocational well-being helps to maintain balance in a person’s life. It helps make a difference within organization where the person works hence improving the colleague relationship in that particular business.

1. It leads to social stability, trust and connectedness.

Well-being that comes from moral standard, freedom and response to change can lead to social stability, trust, connectedness and social network which will create social wellness hence promoting positive relationship within the people involved in that given relationship.

**Negative effects of well-being in a relationship**

1. Discrimination and supremacy.

Countries differ substantially in their levels of well-being. Societies with higher well-being are those that are economically developed, have effective governments with low levels of corruption. This brings about discrimination and supremacy among nations.

1. Creates individualism.

Well- being can affect some of the cultural factors but in a negative way hence bring about individualism among parties involved in that certain relationship.

**Connection between well-being and relationship**

People with healthy, positiveandsupportive relationships are more likely to be happier and healthier. Creating and maintaining good connections with others can also help to combat loneliness and improve mental health issues, such as stress and anxiety.

Most studies have shown that a healthy and supportive relationship be it romantic, familial, friendship, or otherwise can be linked to higher esteem, increased sense of self- worth, and improved self-confidence .Well-being enhances relationships as it creates trust and respect, makes communication easier and enable the people involved in that given relationship engage in healthy activities together.

Well**-**beingandrelationshipworktogethercreateakind upward spiral. Healthyrelationshipssowseedsofwell**-**being which will in return strengthen your immune system and allow you to live longer, and make you resilient to stress. Well-being strengthens our relationships.

**Conclusion**

Your relationships are impacted by many aspects of your well-being. People with healthy, positive and supportive relationships are more likely to be happier and healthier.