**How does well being affect relationship**

Relationship whether with your partner, friends, family, or colleagues play a vital role in one’s everyday lives reminding us that we are loved and protecting ourselves from feeling lonely. Well-being does affect our relationship and it ranges from one’s childhood traumas, to how one was raised. Basically, well-being is your essence of happiness, comfort and security as a human being, as that’s why you hear the quote “If you do not sort out your childhood traumas it will leak into your romantic relationships”. Well-being does affect relationships for instance if you felt you were always rejected or shut down as a child, it gives you the feeling of unworthiness as an adult. And that’s why one finds themselves working extra hard to win the trust from their partners in a relationship and that’s why you feel love should be earned while you are deserving of love. Sometimes you have childhood traumas like being abandoned or emotionally unavailable parents which makes one gravitate towards your childhood memories. And that’s why we are encouraged to go for therapy not because we are sick but there are things that we may not have worked on. It is important to work on ourselves so that we are worthy of the partners we want, and not demanding qualities in partners that we ourselves don’t possess.

Well-being is significant in a relationship as it directly impacts the overall quality and satisfaction in a relationship. For instance; When individuals prioritize their well-being and take care of themselves physically, mentally, and emotionally, they generally experience higher levels of happiness and fulfillment. This positive state of being can enhance the bond between partners and contribute to a healthier relationship overall. When both partners are in a good state of well-being, they are more likely to communicate effectively and understand each other's needs and emotions. which leads to open and honest dialogue, which is essential for building trust and intimacy in a relationship. Maintaining good well-being allows individuals to provide emotional support to their partners. When both partners are emotionally stable and resilient, they are better equipped to offer comfort, empathy, and understanding during challenging times.

Well-being influences one's ability to handle conflict and resolve issues constructively. Individuals with higher levels of well-being tend to have better emotional regulation skills, leading to healthier conflict resolution strategies within relationships. Well-being influences physical and emotional intimacy within relationships. When individuals prioritize their own well-being, they are often better able to connect with their partners, fostering a deeper sense of intimacy and romance.

It is worth noting that both partners' individual well-being is equally important, as it sets the foundation for a strong and fulfilling relationship. Encouraging each other to prioritize well-being can contribute to a healthier and more satisfying partnership. It’s important in any relationship to understand your significant other’s point of view and be open to compromise. One of the ways to nurture healthy relationships is to practice gratitude. Expressing gratitude towards a partner can boost positivity for both parties. Relationships are hard work. You need to invest time in them. Try to spend time together, accept one another, practice forgiveness and allow ourselves to be vulnerable.

Feeling lonely is difficult, one must think about the type of relationships you currently have with people and the type of relationships you would like to have. You might find you want to make new friendships or want to try to make your existing relationships stronger. One way to strengthen your social connections is to reach out to the people you already know; such as co-workers, family, friends, and neighbors. There are many ways to meet new people, try to branch out by starting a conversation with people you see every day that is on your morning commute, at the gym, in your office, etc.

Another good way to make new connections is by trying new activities or volunteering in your community. Some of the downfalls of well-being in a relationship is depression, on may tend to feel useless or unwanted in the society and therefore resulting to suicidal thoughts and you find an individual not just killing themselves but their partner and children. It can cause stress to an individual, it is important for one to think of the things that make you happy, if it involves in social activities such as catching up over coffee with a friend? Having dinner with your partner, or playing with your kids? Just go ahead and do it. It helps release the stress tension. There is feeling of being overwhelmed, easily irritable, fatigue, anger outbursts, anxiety, restlessness, as well as some get into alcohol and drug abuse.

It is at this point where one is advised to involve themselves in activities such yoga, swimming, deep breathing, go for a walk, visit friends, watch their favorite movie or tv series, listen to music, avoid social media and to dedicate more time on having enough rest.

However healthy relationships and good mental health can contribute to lower rates of anxiety and depression, higher self-esteem, greater empathy, and more trusting and cooperative relationships.

Well-being is very instrumental to an individual and it is important to listen to our body and mind and pay close attention to what is going on. Take small steps as you investigate the results. Always remember to create a positive environment where you can succeed. Include support from others (friends, family, elders, community). Love yourself and be compassionate to yourself as you go and start again whenever you need to. Consider also the greater community and environment, whose well-being is intertwined with yours and create a safe space for everyone. Remember that wellbeing is our natural inclination. Trust your sense of what is right for you. Eat healthy and drink a lot of water. Savor successes and always remember to pray.