**Well Being In Relationship**

**Name**

**Professor**

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**Course**

**Date**

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**Human beings tend to create an environment that can favor their wellbeing and as a result they form a relationship with other people which is vital to their survival and emotional well being. This enables them to get close to other people in order to connect and build relationships. For instance, if you were to find someone talking to him/herself or talking to a tree it will have to raise a lot of questions and more so may make some doubt on the persons mental health. Lately, people tend to believe in technology to a point someone can strongly say, “so long as I have my phone, data and Netflix, I am good to go, I don’t need anyone to be with me.” but they forget the fact that it has led to the rise of depression cases, Loneliness. ( Wang, Jackson & Gaskin, 2014).“Social support is a very important part of being human, and therefore when social relationships break down or are damaged, it can have a big impact on our mental health and well being,” Psychologist Sheehan D. Fisher, PhD, who is a relationship expert says.**

**There are lower rates of anxiety and depression. Everyone loves love and everyone would love to feel warmth from another person be it in a romantic relationship, a friend, family or even a trusted co worker. No one is strong enough to deal with not having all of them at once. This may lead to production of a high level of cortisol, a stress hormone and this leads to psychological stress. Being in a relationship boosts one’s social and emotional support which comes from your partner, confidant or a person you are too close to. People who are having childhood trauma never tend to create the right bonds with people to the mental effect and insecurities the have since they were young. They often tend to be poor in communication and are too judgmental since the chances are, they too scared of what happened before to reoccur and hence they close out on everyone and prefer to be alone. This makes them easily triggered to anger and poor decision making but if they meet someone who can love them right and make them overcome there insecurities they will overcome the trauma eventually and make it easier for themselves and other people to be close with them.**

**Higher self esteem. It is important for someone not to focus on trying to get everything they need in one relationship, instead they should focus on a having a good network of social support with a variety of different types of relationships. Higher self esteem can build confidence in a person since you can believe in yourself and also understand not everything has to work your way. It will enable you to be able to handle pressure at work and also relate with other people positively. Having someone who knows how you slept, how your day was, when you are sick gives you medicine, when you are hungry can remind you to eat, wants to have fun with you and makes you feel worth can boost your self esteem. But this also comes with learning on how to communicate to each other without judgement, trusting and respecting each other, always creating time for each other and engaging in healthy activities together and remembering details about each other. But you also have to understanding that once in a while there will be differences hence learning on how to approach issues can put your relationship always on track and never losing something beautiful as such of which it can make you to some point doubt your worth and definitely loose your self esteem since not everyone knows how to handle a break up and sometimes it is not easy to get over someone. To some point if you can manage having a good relationship with your partner, it will be easier to handle any other relationship; work, friendship, family, etc.**

 More trusting and cooperative relationships. When we talk about trust issues it is not just about romantic love trust but also your sense of well being as a person. Do you trust in yourself to do anything without doubting yourself ? What insecurities cant you deal with about yourself ? Can anyone get to your safe space to make you feel at ease? Do you need rescue from the state or you can handle it. Relationships are supposed to make you feel safe, boost your trust and build you a safe haven in which you feel secured but that can only work if you are willing to welcome it into your life. For instance, if you were raised by toxic parents, a single parent ,you are a total orphan or was raised by a complete family the rate of commitment to create a cooperative relationship and trust may differ a little bit. ( Ribar D. 2015) .Henceforth, more trusting and cooperation in a relationship can work if one starts it from their personal level and with this one can improve someone's sense of purpose and can add years in someone's life since being in a romantic relationship it gives someone a sense of well being and purpose.

**Greater empathy. Empathy is the ability to see things from another person’s perspective and feel their emotions. Understanding what someone is going through and even being in there shoe may help with how you relate with the person and show compassion. Empathy allows someone to deepen there relationships and also connect with there friends and loved ones but again it is never necessarily with someone you know since empathy can extend to someone that you may not know at for instance, if you see someone receiving a phone call in the middle of the busy streets and then next minute you see them breaking down into tears while still on a phone call, you definitely come to there rescue for emotional and physical support. But also if your mental well being is a little bit low, then to some level you won’t be able to handle the situation too. In another example, if you come home from a good day at work and find your partner sick, you will automatically switch from your initial mood and fit into your partners shoe to help them in any way possible to ease there pain. Empathy doesn’t have to always be shown on a sad situation but also if your friends shares her joy of receiving her dream marriage proposal, you may also feel there joy and celebrate the joy with them. Having a greater empathy can help you strong bonds with other people and this can help you with living a meaningful life and reduce stress since you always learn to understand the situation that you are in or someone else is in.**

**It can also promote healthier behaviors. Someone's well being can even to some point determine how someone takes care of themselves, routines like skin care routine, work out, eating schedule etc but with someone who doesn't feel okay emotionally or has insecurities with him or herself can be forced to hide there issues and sorrows behind unnecessary actions and things. Somehow they can be always drunk, into drugs or even be too violent. Mostly people like this also have a hard time to keep a long term relationships and knowing or unknowingly hurt anyone and everyone around them and fixing them is even harder since they aren't willing to change nor somehow accepting to be helped. This is the reason why i will still insist on someone cant be really changed nor helped to heal if they aren't willing to do it first with themselves. Sometimes it starts with accepting the fact that it has already happened, forgiving yourself and being ready to move on past it until then they are rarely going to have any healthy relationship with anyone whatsoever.**

**References**

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