**Case Study: How well being affects relationship**

Name

Professor

Institutional affiliation

Course

Date

**Case Study: How well being affects relationship**

Introduction

Well being can be defined as the state of being comfortable, happy, being able to think positively and being contented. One prominent psychological dimension of well being is happiness. When an individual is at this state they are able to speak honestly with their spouse, friend, or family member about how they are feeling and in turn listen to your partner, friend, a colleague or family member can improve relationships, lessen relationship anxiety, and help safeguard each persons mental health.
There are several advantages to social relationships and mental wellness. Reduced rates of anxiety and sadness, increased empathy, self-worth, and more cooperative and trustworthy relationships are all examples of proven connections and well being.

 Objectives

* This case study aims to give clarity and enable us understand why well being is important to relationships.
* We also get to define and learn more on the dimensions of well being and how each affects relationships
* All of this dimensions are important and crucial to the success and outcome of a healthy relationship.

**Dimensions of well being and how they affect relationship**

1. Emotional well being

One of the factors that affect general health and wellness is emotional wellness. The ability to recognize one's own emotions and manage them are both components of emotional wellness. "The ability to successfully handle life's stresses and adapt to change and difficult times" is how the National Institutes of Health defines emotional well being (NIH, 2018). This section's materials offer chances to improve your physical wellness, which can have a beneficial effect on your general health and well-being.

Emotional well being enables good communication, good conflict resolution strategies and there is emotional support all this yield a stress free relationship, a relationship with positive growth and a quality and healthy relationship.

1. Physical well being

This dimension covers all aspects of health that have to do with the physical body, such as diet, exercise, weight control, ergonomics, tobacco use, illness, and disease prevention, among other things. This section's materials offer chances to improve your physical wellness, which can have a beneficial effect on your general health and well-being.

Physical well being increases life expectancy of individuals it also improves self esteem since one is able to feel nice about themselves resulting to giving this positive energy to their partners leading to a healthy relationship

1. Occupational well being

Occupational wellness refers to all aspects of well being concerning personal satisfaction in one’s job/career.  Occupational wellness can positively impact your overall health and wellness and has impact on relationships both in the work place and at home.

Occupational well being encourages work balance, reduction and manageable work stress hence giving quality time and attention needed in a relationship.

1. Financial well being

Financial wellness encompasses financial planning and expense management skills, and optimizing this status can positively impact overall health, wellness and healthy relationship.

Financial wellness encourages respect cooperation and trust when partners are able to have financial collaboration they budget together hence reducing financial stress giving more time foe emotional connection leading to a healthy relationship.

1. Intellectual well being

Intellectual wellness entails brain health, self awareness and brain growth through thought-provoking activities.

Intellectual wellness enables one to recognize how their behaviour and actions impacts their partners they are also able to take accountability of their actions and communicate well to their partners, it also encourages learning more about each other.

In conclusion well being in all its dimensions has a very big impact in strengthening relationships. A healthy relationship encourages growth in every aspect of life building ones mental health and overall health in general.

 Building a strong and healthy relationship requires dedication and by embracing the above dimensions of well being one is able to enjoy a lasting, ssfulfilling connection and strong foundation for our relationships.

**References**

Reis, H. T. (2001). Relationship experiences and emotional well-being. *Emotion, social relationships, and health*, 57-86.

Gross, J. J., & John, O. P. (2003). Individual differences in two emotion regulation processes: implications for affect, relationships, and well-being. *Journal of personality and social psychology*, *85*(2), 348.

Soons, J. P., Liefbroer, A. C., & Kalmijn, M. (2009). The long‐term consequences of relationship formation for subjective well‐being. *Journal of Marriage and Family*, *71*(5), 1254-1270.

Umberson, D., Chen, M. D., House, J. S., Hopkins, K., & Slaten, E. (1996). The effect of social relationships on psychological well-being: Are men and women really so different?. *American sociological review*, 837-857.

Goswami, H. (2012). Social relationships and children’s subjective well-being. *Social Indicators Research*, *107*, 575-588.

Harter, J. K., Schmidt, F. L., & Keyes, C. L. (2003). Well-being in the workplace and its relationship to business outcomes: A review of the Gallup studies.