

Relationships

the power of love and connection

“Very little that is positive is solitary... other people are the best antidote to the downs in life and the single most reliable up.” Martin Seligman, Flourish



The pursuit of relationships is fundamental to human wellbeing.

- » Relationships refer to the many different interactions you have with others: your partner, friends, family, boss, colleagues, children and/or your community.
- » Relationships are about feeling loved, supported, safe and valued by others.
- » Humans are hard-wired to bond with and depend on other humans.

The benefits of connection

Building strong and trusting relationships with friends, family and colleagues is something that we all aspire to. In terms of wellbeing, connection ties strongly into personal meaning as relationships often sit at the core of our values and life purpose. Connection also links to positive emotion, as relationships can elicit emotions such as joy, love, optimism and gratitude.

Social relationships are a consistent, and often the [top source of psychological health](#).

Leading researcher in the field of relationships Shelly Gable believes that sharing good news or celebrating success with other people has been found to foster positive social interactions, thus enhancing relationships.

Did you know that happiness is contagious? Surrounding yourself with happy people increases your chances of becoming happy also. Happiness is a collective phenomenon – you can read more about the research into collective happiness through relationships [here](#).

Strong relationships also provide support in difficult times that require resilience and psychological flexibility.



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How can you build moments of love and connection into your day?

Active-constructive responding is a skill that all of us can learn. It's about people in close relationships responding to each other enthusiastically, which has been proven to contribute to higher levels of wellbeing by promoting an upward positive spiral of emotions during regular interactions. Listen to Shelly Gable talk about active-constructive responding [here](#).

Be present in your conversations and interactions with loved ones. Communication is the key. [Find out more](#).

Techno-monitor – be mindful of the interruptions technology can provide during interactions with others.

Identifying strengths is a great way to notice the good in ourselves and also to explain differences, which can help us exist harmoniously and communicate respectfully with others. Check out our information on [engagement](#) to find out more about discovering character strengths.

What if I'm not in a romantic relationship right now?

This doesn't matter. Romantic relationships are only one example of a strong and trusting connection. Human beings have existed throughout time relying on their ability to be social – collectively using their brains to solve complex social problems and adapt to their environments. Our relationships with family members, colleagues, and friends can all provide protection for our personal wellbeing through the benefits of connection.

Caring for young minds

Relationships and connection provide an added sense of safety and security for young people. When children (including those who begin life with significant disadvantages) experience positive and supportive parenting, they are far more likely to thrive. Find out more [here](#)

Have we caught your attention?

Interested in the science of love? [Listen](#) to world-renowned researcher John Gottman speak about his life's work on the ingredient of love in relationships.

Or instead you might like Martin Seligman's book on five key elements of wellbeing, [Flourish](#).

