

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, teammates, 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 teammates 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 often the [top source of psychological health](#) for young people.

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 friendships and 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. It takes at least seven seconds to refocus your attention on someone once your mind has been distracted by your phone.

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.

Quality over quantity

The **quality of friendships** is what really matters when thinking about your wellbeing. The development of deep, long-lasting, and positive friendships is what will help you to experience the benefits of connection rather than the quantity of friends or 'likes' that we can collect.

Remember - 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, teammates, and friends can all provide benefits for our personal wellbeing.

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](#).

