

## Good Relationships & Health (75-year study)

We think that **Fame**, **Wealth** and **Hard Work** in our early years  
of achievement brings us happiness

Instead, the message of this 75-year study is...

**Good relationships keep us happier and healthier**

*We learn 3 big things about relationships*

- (1) **Social connections are really good for us** and loneliness kills

People who are more socially connected, to friends, to family are happier, they are physically healthier, they live longer than people who are less well-connected

- (2) Not just the number of friends you have, Not whether u are in a committed relationship but

**the quality of your close relationships matters**

It appears that living in conflict is really bad for our health  
High conflict marriages without much affection appear to be very bad for health, perhaps, worst than getting a divorce  
*And living in the midst of good warm relationships is protective*

- (3) **Good relationships don't just protect our bodies, but our brains as well**; being in a securely attached relationship with another person in your 80s is protective

For individuals who are in relationships where they feel that they can really count on the other person in times of need, these people experience that their memory stays sharper

For those in relationships where they really cannot count on the other, these people usually experience earlier memory decline

And those with good relationships doesn't have to be smooth all the time

Some of these relationships could have couples bicker day in and day out

As long as they felt that they really could count on the other when the going got tough, those arguments didn't take a toll on their memories

**Good close relationships are good for our health and well-being**

This is **wisdom** that is *as old as the hills*

*Why is it so hard to get and so easy to ignore?*

We are human, what we really like is a quick fix

Something that we can get and keep our lives good and that way Relationships are messy and complicated and hard work of tending to family and friends is not sexy or glamorous; it's also life long, it never ends

Any of our men as they were starting out as young adults, really believed that fame, wealth and high achievement were what they needed to go after to have a good life

But our 75-year study found that

**The people who fared the best were people who leaned into relationships with family, with friends, with their communities**