

# Healthy Relationships And Mental Well-Being

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**H**uman beings are social by nature and are inherently programmed to relate right from inception into this world.

A healthy attachment with parents and family establishes a lifelong skill of forming and maintaining relationships. And relationships and psychological or mental well-being are closely interlinked and can have a complimentary relationship. Working on one can have a positive impact on the other and vice versa.

It is the consistency of these relationships that enable us to relate to this world, develop coping resources and develop a feeling of security. Indeed, a stable upbringing can enhance emotional development, as well as build a reserve for effective coping.

In other words, it leads to the development of our personality, identity and sense of self where as fragmented formative years can make one fragile and emotionally sensitive. We can't choose our family but can choose our friends and people we relate with. And undoubtedly, our journey to happiness is made more enjoyable in the company of people.



## Food For The Soul

Relationships are food for the soul and the soul yearns for relationships. There are various kinds of relationships and friendship is an important one. Close and meaningful relationships enhance our self-esteem, help us emote and share fears/secrets/desires. Whereas, another form of close relationships, acquaintanceship, allows us to learn and grow. But the most important relationship is the one where we confide, have a deep connection, trust and love.

Age is no bar for forming relationships and it's totally untrue that teenagers and youngsters are incapable of forming romantic and lasting relationships. A good relationship is like a fuel that strengthens our health, mind and connections with others.

## What Is Mental Well-Being?

According Sarah Stewart-Brown, professor of public health at the University of Warwick and a well-being expert, mental well-being is more than just happiness. Feeling happy is only a part of mental well-being, with other parts being, living in a way that is good for you and those around you. Equally, feelings of contentment, enjoyment, confidence and engagement with the world are all a part of mental well-being. These have a direct positive impact on self-esteem and confidence.

Importantly, the cementing factor in emotional/mental well-being clearly is good relationships, which bring joy to you and those around you. While good mental well-being does not make one immune to stress, it does make one more resilient and better able to handle adversities. Therefore, mental well-being means feeling good and functioning well.

## Tips For Healthy Relationships And Mental Well-Being

These tips can make a relationship healthier or repair those relationships that are on the rocks. Effective meaningful relationships mean happier existence.

- ◆ **Communicate Effectively**  
The key to healthy relationships is effective communication. And the fundamentals of good communication are to listen more and talk less. This will leave the other feeling valued.
- ◆ **Have Trust**  
Insecurity breeds possessiveness and creates claustrophobic feelings. Therefore, allow space, have basic trust and avoid undue involvement.
- ◆ **Invest More And Expect Less**  
Relationships are an investment. The more you put in, the more you get back. But one needs to be a little patient with the returns. If the withdrawal from our life account is more than investment then you are bound to have upsets and unmet expectations.
- ◆ **Leave No Loose Ends**  
Ensure that new problems are dealt with promptly, especially in romantic relationships. Understand that relationships are dynamic, therefore, warrant proactive response to change. Loose ends in relationships can enhance emotional burden and bury core issues.
- ◆ **Choose Real Over Virtual Contact**  
Technological advances may have connected us to people across the world, but it has disconnected us from those around us. Choose direct one-to-one contact with friends and family over texting, email and social media messaging. Spend time developing relationships as it will have a positive bearing on well-being.
- ◆ **Be Active**  
You don't necessarily have to go to the gym. Take a walk, go cycling or play a game. Find an activity that you enjoy and make it a part of your life. Give your body an hour a day and it will return 23 happier hours. Additionally, fitness allows for people contact and interpersonal learning.
- ◆ **Keep Learning**  
New skill acquisition can give you a sense of achievement and renew confidence. Set a target of learning something new each year, be it cooking, a musical instrument or writing. Stagnation is never good. Keep flowing.
- ◆ **Take Pleasure In Giving**  
Even the smallest act can count whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community, can improve your mental well-being and help you build new social networks.
- ◆ **Be Mindful**  
Cultivate awareness of your feelings and thoughts and be in the present moment as it can help you connect better with yourself and the world around you. It can also positively change the way you feel about life and how you approach challenges.

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