

Your Relationships Affect Your Wellbeing

We know that diet, exercise, sleep and stress management all play a role in wellbeing. But did you know your personal relationships can also have a significant impact?

This shouldn't be surprising – we're social beings, after all. Research suggests healthy relationships contribute to:

- Stronger mental resilience
- Healthy habits
- A greater sense of gratitude
- Reduced loneliness
- A healthier sense of self

When we're in love, for example, the brain releases dopamine and oxytocin, feel-good hormones that help to reduce stress and pain, and maintain a good mood.

But being in a committed relationship has other health benefits, too:

- Lowered blood pressure
- A boosted immune system
- A lower risk of heart disease
- Greater longevity

Tips for maintaining healthy relationships:

- Show appreciation for your family and friends – let them know you care
- If you're exposed to abuse, talk with someone you trust, and move towards change
- Prioritise your relationship with your spouse – this will have a direct impact on the wellbeing of your children too
- Take the time to listen when friends and family need to talk, and make the effort to understand



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