

## Mental well-being and Relationship

Life is beautiful... and especially if we have someone to share it with. And surely, it remains so, until we decide to take the beauty of relationship out of it and merely live a life of existence and then we start living a life of imbalance and start getting bent down- physically, emotionally, mentally and spiritually.

Research states that there are 2 important reasons for this imbalance.

1. Increased stress and life becoming synonymous with work.
2. Decreased interpersonal skills.

Many numbers of professions working in the area of well-being for the past few years have witnessed that not only have the number of individuals requiring help to establish well-being have increased but also that the age has regressed. There are many stress responses in the form of somatic (sleep disturbances), Cognitive (difficulty in concentration), emotional (increased anger and irritability), and behavioral (impaired motivation) that are exhibited.

One of the most crucial aspects of decreased well being is the decreased emphasis on or poor Inter personal Relations. India as a sub continent always took pride in its culture valuing relationship and it was a very strong culture, because people were its biggest strengths and a major part of successful life revolved around relations unlike today when major part of successful life revolves around work.

According to Research, Social isolation is the biggest trauma in the life of an individual. Success in life is accounted for by the work profit that one holds. But it's time to introspect on life/success itself as work is again synonymous with life in our lives too.

Relationship is the mental, physical, emotional way of relating to people. A good relationship is a mutual filling of needs. Relationship is important for a person to be able to experience some form of love and appreciation, or even an acknowledgment of the existence of life. There are 2 types of relationships:

1. Intra – with the self.

Excerpts from the famous book “The Secret” aptly say “You become the solution for you. Don't point to another person and say, ‘Now you owe me and need to give me more.’ Instead, give more to yourself.”

2. Inter – with significant other

Inter-personal relationship is strongly related to way we are brought up, inner feelings about ourselves, ability to appreciate self, our level of confidence and degree of interest in others. An imbalance of such leads to poor or decreased interpersonal skills. Some signs of such decrease of interpersonal skills are:

1. Increased fault findings no matter how good something is.
2. Aggressiveness and bullying nature.
3. Constantly being on their guard.
4. Building barriers around themselves.
5. Loneliness.
6. Frustration / Tension.
7. Fear / anxiety.
8. Non- co-cooperativeness.
9. Missed Opportunities.
10. Decreased Performance

The decline in interpersonal skills leads to a lot of problems and affect the person's self-esteem and level of confidence. It is a vicious cycle of self destruction. The need for social skills has become even more emphasized with the rise in competition, in every sphere of life. On the other hand, in this day and age of fast disintegration of family values and morals, many a times we see the consequences of our action in the scarred faces of our children. Therefore the importance for these socials skills is more emphasized. These skills act like the invisible glue which holds the relationship together, with self and significant others.

Some important ingredients for building a strong relationship are:

1. Communication: Verbal and non-verbal communication and listening skills
2. Honesty: sincerity to the self and others.
3. Trust: learn to extend the proverbial "benefit-of-doubt" and trust them to do what they say they are going to do, or entrust them with our feelings.
4. Empathy: ability to place ourselves in the other person's shoe, and attempt to understand what the other person is feeling.
5. Compromise: Knowing the fact that we cannot always have what we want, need or desire.
6. Compassion: its a "sympathetic consciousness of others" distress together with a desire to alleviate it"
7. Love: " A strong affection for another arising out of kinship or personal ties, warm attachment, enthusiasm, or devotion...etc'

At the end of the day, a good interpersonal relationship gives an individual a sense of rootedness and a sense of identity. These are very important ingredients for the well-being of an individual.

**For any further queries, please feel free to mail in to**

**Dr. Bhavna Barmi**

**Relationship Counselor and Clinical Psychologist**

**(Escorts Heart Institute)**

**swashrit@gmail.com**