

# Wheel of Well-being

## Social ties and good health



### References

#### Books

The Harvard Study of Adult Development: one of the longest running studies on happiness:  
Valliant, G. E. (2012). *Triumphs of experience. The men of the Harvard Grant Study*.  
Cambridge, MA: The Belknap Press of Harvard University Press.

#### Websites:

Further information on the Harvard Study of Adult Development which found a strong association between happiness and close relationships.  
<https://news.harvard.edu/gazette/story/2017/04/over-nearly-80-years-harvard-study-has-been-showing-how-to-live-a-healthy-and-happy-life/>

(Includes TED talk, titled “What Makes a Good Life? Lessons from the Longest Study on Happiness”) Retrieved 13/07/18

Families Australia: Loneliness a growing national challenge, May 2018  
<https://familiesaustralia.org.au/loneliness-a-growing-national-policy-challenge/> (Retrieved 13/07/18)

(Includes summaries of Lifeline and Relationships Australia surveys on loneliness and social isolation plus links to government and other websites, statistics and further research)

The Conversation - article on loneliness in Australia (Retrieved 13/07/18)  
<https://theconversation.com/loneliness-is-a-health-issue-and-needs-targeted-solutions-96262>

Swinburne University research: <http://www.swinburne.edu.au/news/latest-news/2018/04/research-finds-loneliness-is-a-serious-risk-to-our-health.php>

The Conversation – are you part of a social group (6 Sep 2017)  
<https://theconversation.com/are-you-part-of-a-social-group-making-sure-you-are-will-improve-your-health-81996>

(Includes links to scientific research including this longitudinal study from NZ:  
<https://psyarxiv.com/kbwp9/>)

# Wheel of Well-being

## Social ties and good health



Four ways social support makes you more resilient (Greater Good, 15/11/17)

[https://greatergood.berkeley.edu/article/item/four\\_ways\\_social\\_support\\_makes\\_you\\_more\\_resilient](https://greatergood.berkeley.edu/article/item/four_ways_social_support_makes_you_more_resilient)

Social connection is critical to mental and physical health (NY Times, 12 June 2017) Includes links to source research

[https://www.nytimes.com/2017/06/12/well/live/having-friends-is-good-for-you.html?\\_r=0](https://www.nytimes.com/2017/06/12/well/live/having-friends-is-good-for-you.html?_r=0)

<https://www.weforum.org/agenda/2017/08/why-loneliness-may-be-a-greater-public-health-hazard-than-obesity>

### Watch

The power and science of social connection (Emma Seppala Ted talk)

<https://youtu.be/WZvUppaDfNs>



Wheel of Well-being is owned by South London and Maudsley NHS Foundation Trust (SLaM) and is licensed under a Creative Commons Attribution Non-Commercial Share-Alike 4.0 International License. Information on this license is available at [www.creativecommons.org/licenses/by-nc-sa/4.0](http://www.creativecommons.org/licenses/by-nc-sa/4.0). Adaptations need to follow brand guidelines available at [www.wheelofwellbeing.org](http://www.wheelofwellbeing.org) and be signed off by SLaM. For permissions beyond the scope of this license contact [hello@wheelofwellbeing.org](mailto:hello@wheelofwellbeing.org).