

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/>)

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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

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.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>



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