

Harvard Happiness Study

One morning in March 2016 while I was still trying to wake up I listened to something that a friend shared on facebook. I don't usually bother with talks or YouTube videos via facebook, but the topic was about a 75 year Harvard study on happiness.

I was quickly roused out of my drowsiness as the speaker said the words "living in the midst of high conflict is really bad for us. High conflict marriages without much affection are very bad for our health, in fact worse than the experience of getting divorced."

The talk had nothing to do with a study into relationships affected by Autism Spectrum Disorder (ASD), but I'm sure everyone reading this thought will relate to his words.

Unfortunately when reviewing this blog piece I wasn't able to find the article again, the link seemed to fail, and a search on the Mind Valley Academy blog page couldn't locate it. I wished I could have provided the link here, but perhaps even those few thoughts I've repeated above will keep us pondering what we can do to maintain our own health and well-being.

Carol Grigg, March 2016