

## **The Effects of a Healthy Heart and Mind on Your Relationship**

All of us want our most important relationships to last as long as possible. In order to increase the chances of this happening, a healthy relationship needs to be built. Ensuring you have a healthy heart and mind will enable you to do just that.

So, what is a healthy mind? Healthy minds are those that have great self-esteem and confidence, and you have very distinct goals about what you want to achieve in life. Healthy minds are independent and don't need to rely on anyone else, but instead choose to enrich their lives with the inclusion of a partner.

Unhealthy minds contribute to little to no communication, withdrawal from both partners, and a slowly declining relationship. Having low self-esteem and a lack of confidence contributes nothing to a growing relationship.

What is a healthy body and heart? This essentially means that you take good care of yourself, both physically and emotionally. You refrain from smoking and drinking; you watch your weight and exercise regularly. You also take pride in your appearance and strive to take extra care in your presentation on a daily basis.

Healthy hearts are developed with regular exercise and sensible diets. This physical activity results in a positive body image and state of health, leading to an overall more positive and attractive attitude. People want to spend quality time with you, leading to healthier relationships.

Unhealthy bodies are quite the opposite: perhaps you drink a lot or eat too much junk food, or simply don't take care of your appearance. Exercise is not even a thought in your mind, and it's quite possible that your heart is actually unhealthy. This makes your attitude on life in general very negative, and your outlook on life makes your partner want to cease spending time with you as well.

If your mind and heart are on the same page when it comes to their health, an overall positive attitude is the result. This opens you up to your partner, allowing for a healthy communication line and listening to each other. Now you can support each other, and are more likely to do what is necessary to maintain the best state of your relationship possible.

Avoiding pitfalls that lead to a decline in your health can be difficult at first, but will become easier over time; this is especially the case when it comes to supporting your important relationship and support system. Everyone is bound to slip up at times, but maintaining the general direction of a healthy and sound mind and body will ensure you stay on the right path in the long term.

If you are currently in a relationship, consider setting goals together to improve your health and communication at the same time. If you are single and want to be in a relationship at some point, start working to get your mind and body in tip-top shape immediately, and your newfound confidence will surely begin to attract new prospective partners.

