

# Are you in a committed relationship? Problems? Fix them when you can!

“SCIENTIFIC FACT: YOU WILL BE HEALTHIER, HAPPIER, AND FEEL MORE COMPLETE WHEN YOU DO”

Worldwide 85% of individuals live in a committed relationship

HUMANS FEEL MORE FULFILLED WHEN LIVING CLOSELY WITH ANOTHER PERSON.



31% of couples in the US are stressed!

POSITIVE CHANGES REPORTED BY 70% OF COUPLES WHO TOOK PART IN RELATIONSHIP THERAPY.

SEEK HELP WHEN YOU NEED IT!



Relationship distress injures physical health

THE LINK BETWEEN A "BAD RELATIONSHIP" AND POOR PHYSICAL HEALTH IS GREATER THAN THE HEALTH RISK FROM SMOKING OR ALCOHOL ABUSE.



Relationship unhappiness greatly increases mental illness

- MAJOR DEPRESSION IS 2.7 TIMES MORE LIKELY
- ANXIETY IS 69% MORE LIKELY TO BE DIAGNOSED



For many coupled individuals – divorce is not the answer

FACT: DIVORCE INCREASES ALMOST THREE TIMES FOR COUPLES WHEN THE WOMAN IS UNHAPPY – "HAPPY WIFE, HAPPY LIFE :-)."

DIVORCED INDIVIDUALS WHO DO NOT RECOUPLE ARE 20% MORE DEPRESSED, ANXIOUS, AND SOCIALLY ISOLATED THAN THEIR MARRIED COUNTERPARTS.

RESEARCH SHOWS THAT DIVORCE IS ASSOCIATED WITH PHYSICAL AND MENTAL HEALTH PROBLEMS OFTEN PRESENT A DECADE LATER.

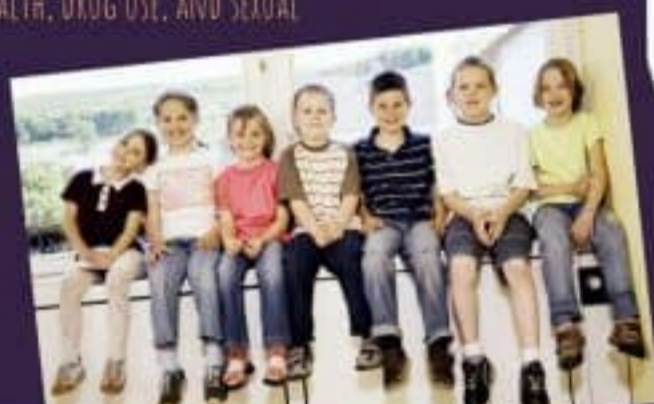
THESE ISSUES CREATE HEALTH PROBLEMS EQUAL TO SMOKING, HIGH BLOOD PRESSURE, OBESITY, AND PHYSICAL INACTIVITY.



Divorce is linked to negative outcomes for children

CHILDREN OF DIVORCE ARE AT INCREASED RISK OF OVERALL POORER PSYCHICAL AND EMOTIONAL HEALTH, DRUG USE, AND SEXUAL PROMISCUITY.

EVEN AS ADULTS, CHILDREN OF DIVORCED PARENTS ARE AT INCREASED RISK FOR DEPRESSION AND OTHER EMOTIONAL PROBLEMS.



Scientists speak (loudly):

"When you can – **FIX** your marriage or committed relationship and **stay together!**"

