1. The main idea was clear to me, but I found it surprising how strongly relationships predicted long-term health.

2. Yes, the findings seem reasonable, and I can connect them to my own experience of feeling healthier and happier when I have strong friendships. When I spend time with people I trust, I can share my problems and receive support, which makes challenges feel easier to manage. Those positive interactions give me more energy and improve my mood, so I can see clearly how relationships contribute to both mental and physical well-being.

3. They wanted two groups to compare how social class and background might influence people’s health and happiness.

4. I define happiness as feeling supported and purposeful, and building healthy (high-quality), close relationships is an essential part of that.

5. Happiness changes with age — for example, young people may value achievement, while older adults may focus more on family or health.

6. I maintain relationships by staying in touch regularly, but as an international student, it can be challenging because of distance and time zones.

7. One question I’d ask the group is: How has technology changed the way we form and maintain relationships compared to the past?