

marri *Findings*

FAITH & FAMILY



“Where people are really attached, poverty itself is wealth.” – Jane Austen

Attachment Matters for Physical Health



A [2019 review](#) of the association between health and attachment style (i.e., how individuals perceive their spouse as available and responsive), found that adult attachment styles

Attachment Style Impacts the Immune System



A [2019 review](#) of the association between attachment style and the immune system across the lifespan found that individuals with insecure attachment have a weakened

influence physiological responses to stress, health behaviors, and susceptibility to physical illnesses. The review also found that the link between individuals' attachment styles and health depends, in part, on their partner's attachment style and behavior.

immune function, and suggests that secure attachment is a buffer in times of adversity.

Attachment Style Plays a Role in the Patient-Physician Relationship



Knowing a patient's attachment style can make a difference for both patient and physician, and may help a doctor negotiate the relationship to increase the patient's sense of security. A [2013 study](#) followed 165 patients aged 30 to 75 who were diagnosed with cancer for a year. It examined individual differences in trust and satisfaction among them and divided them into two groups: securely attached patients and insecurely attached patients (those who feel unworthy of care, have difficulty trusting others, and are more likely to see others as unavailable or threatening). Insecurely attached patients trusted their physicians less and were less satisfied with their care.



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The Body Language of Belonging



Today's findings are body-speak for man's deepest need: the need to belong, and remind us of the famous sociological phenomenon, the [Roseto Effect](#). Roseto, Pennsylvania, was a virtual transplant of a people and culture of the [town of Roseto in southeast Italy](#). It kept the old country patterns of tight family and extended family ways of life, leading to a total integration of the generations, predictable habits of work, play, family and worship; interdependence on each other in times of need, marriage within the culture. They belonged intensely to each other. And despite breaking all the dietary rules for cardiovascular health they had [outstanding heart health](#), no crime and no requests for welfare assistance. They belonged intensely to each other and had a way of life that protected that belonging. As [one author](#) pithily nailed it: "In short, Rosetans were nourished by people." [Continue Reading...](#)



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