

EPISODE 124: WHAT THE WORLD WANTS MOST**1. LOTS OF LOVE**

- Anasse Bari, professor of computer science at New York University, collected 600 million Twitter posts from 2018. 24% of all tweets beginning with “I wish” or “I want” said “I wish someone cared.”
- Major takeaway from a study by Dr. Robert Waldinger: "The surprising finding is that our relationships and how happy we are in our relationships has a powerful influence on our health...It turns out that people who are more socially connected to family, to friends, to community are happier, they're physically healthier and they live longer than people who are less well connected."

2. MORE TIME

- For family, hobbies, travel, exercise, things that matter most.
- We often confuse speed with significance and a busy life with a rich life.
- In 220 million tweets that began with “I wish,” 19% said: “I wish I could go back in time.”

3. BETTER RELATIONSHIPS

- The “I want” posts were often followed by: Better friends, healthy relationships, long-term relationships.
- A second takeaway from Waldinger’s study: “It’s the quality of your close relationships that matters.”
- "It turns out that living in the midst of conflict is really bad for our health," Waldinger said. "High-conflict marriages, for example, without much affection, turn out to be very bad for our health."

4. MORE REST

- For posts that began with “I wish,” the second most common wish was: Rest.
- Physical, emotional, and mental rest.
- An interesting takeaway from Waldinger’s study: Good relationships protect your brain.
- Waldinger explained that in addition to positively affecting your physical and emotional health, good relationships have the power to sharpen your memory.

5. TO DISAPPEAR

- Also: To cry or to die.
- Another takeaway from Waldinger’s study: “Loneliness kills.”
- "People who are more isolated than they want to be from others find that they are less happy, their health declines earlier in midlife, their brain functioning declines sooner and they live shorter lives than people who are not lonely," Waldinger explained.

Sources mentioned in this episode:

[Communication Guys, Episode 116: “The Epidemic of Loneliness”](#)

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