

# Cohousing Communities

Cohousing communities are very common in Denmark. Most cohousing communities are placed in urban settings, unlike EcoVillages, which are typically in rural villages. Cohousing communities is where a bunch of people that aren't related at all live together like a family. In a cohousing community, you really get involved and you get the chance to socialize with others. When in a cohousing community, you are required to help each other out (like completing certain tasks). Everyone looks out for each other, so there's no need to worry about being isolated.

The people are a lot happier in these communities because they don't have to worry about doing all the work by themselves. They have others to help them out and others to depend on. They don't necessarily have to worry of having all the stress on them. With others helping out the task is completed faster, and they have a lot more free time. Free time is essential because, it helps get your mind off of things, and it helps relax you. People use this time to do what they enjoy doing and to unwind.

We have noticed that in normal housing, the parents are usually stressed out. They are stressed because they have so many things to do, with such little time. They work, and then they have to worry about getting the food ready. But in a cohousing community you don't have to worry about any of that. Everyone contributes to do chores, and to make the food that is to be eaten for the day. "The physical design encourages both social contact and individual space."

([https://www.cohousing.org/what\\_is\\_cohousing](https://www.cohousing.org/what_is_cohousing)). We personally think that this is a great concept. it relieves the stress from many, and you get to socialize with others.

Meltzer, Graham. "*Ecovillages and Cohousing: A personal take on their similarities and*

\ *differences.*" *Academia.edu*. 2014. Web. 28 April 2014









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## How relationships can help people

Relationships, help our community, build our society, and are essential for humanity.

Relationships are not always romantic, they also apply to friendships or family. Psychologists have done research on it, studying on how it affects peoples happiness. It has been proven that positive relationships have a very BIG positive effect on people, but negative relationships have a very bad effect on people as it can cause great sadness and depression. Some teens are bullied by their peers and because of that they have negative energy throughout their day which makes them terribly sad. But for others who are not bullied have great days filled with positive energy , and on top of that they may have a lot or a few friends, but those friends are always there and are always ready to help. The interesting thing is that people seem to think that they need someone to make *them* happy, when in reality someone might need them.

Relationships are very important to a person's or animal's happiness. The need for contact from another being, is deeply rooted in a persons mind/genealogy. In fact most people try to create positive relationships with others. Some succeed; some don't. For those who succeed with a healthy relationship, tend to be happier. On the other hand, if you have a poor relationship, it may end up wrecking their satisfaction. Happiness is important in any relationship whether its a friendship or a romantic relationship.

I personally have a very close relationship with my friends, we can talk about anything and we always can cheer each other up. But this might not be the case for everyone. Friends always look out for each other, but you don't have to be someone's friend to help them out, it doesn't matter if you're popular and they're not if you do something nice for them they'll be a little happier and so will you! so next time your mother needs help watching a younger sibling, or the next time you see someone holding a lot of stuff and trying to open a door you should get the door for them, these things can build up relationships.

“What Makes You Happy In Your Relationship? What Makes You Unhappy?” *What Makes You Happy? What Makes You Unhappy?*. N.P.,n.d. Web. 12 Apr. 2014.