

Friendship

Happy Well-being Wednesday Everyone!

I hope this email finds you well.

Today I am focusing on one of the aspects of the Mental Health and Wellbeing wheel below which is social wellness... ie friendships.



Friendship is a crucial element in protecting our mental health. Our friends can keep us grounded, help us get things in perspective, and help us manage the problems that life throws at us.

If we're experiencing struggles and any mental health problems, our instinct might be to hide away and avoid our friends. But friendships can play a key role in helping us live with or recover from difficult

situations and overcome the isolation that often comes with it. We can end up with the strongest relationships with the people who've supported us through hard times.

Friendships can have a major impact on your health and well-being, but it's not always easy to develop or maintain friendships. It's crucial to understand the importance of social connection in your life and what you can do to develop and nurture lasting friendships.

So what are the benefits of friendships?

Literally, good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent isolation and loneliness and give you a chance to offer needed companionship, too. Friends can also:

- Help you cope with traumas (divorce, job loss, illness, bereavement etc)
- Increase your sense of belonging and purpose
- Boost your happiness and reduce your stress (good times)
- Improve your self-confidence and self-worth
- Encourage you to change or avoid unhealthy lifestyle habits

Friends also play a significant role in promoting your overall health. Research has shown that Children & adults with strong social connections have a reduced risk of many significant health problems, including: - Depression - High blood pressure - Unhealthy body mass index (BMI). In fact, studies have found that older adults who have meaningful relationships and social support in place are likely to live longer than their peers with fewer connections.

There's an interesting TED Talks video: Friendships are your lifeline <https://lnkd.in/eKb54Bb>

So don't discount the simple pleasure of being in company with other people that you like. These 'good times' can often lead to laughter and taking part in activities together that raise the spirits and provide a distraction from the more serious side of life.

The give and take (reciprocity) between partners in a friendship is also an important part of the process. People enjoy doing something for someone they like. The reciprocity that exists in a healthy relationship helps sustain it over time and ensures that the friendship lasts. Sharing things about themselves, ensures there is an open exchange of vulnerability as both individuals must feel comfortable supporting and accepting each other. This creates and shares a bond of trust and loyalty.

The fact is, you may not become best friends with everyone you meet, and that's okay! But maintaining a friendly attitude and demeanour can improve your life relationships. It also increases your chances of attracting more like-minded people into your life. 🤝

So, I hope today you reflect on all your friendships and relationships and see them in a new light and above all, stay positive! 🧠🤝👉🎧

<https://youtu.be/-ddO2oMX61E>

19 WAYS FRIENDSHIPS ARE GREAT FOR YOUR HEALTH



Encouragement & Support

- New Perspective
- Positive Influence
- Self-Esteem
- Loyalty
- Inside Jokes
- Boost Self-Confidence
- Reality Check
- Understanding
- Honesty
- Build Trust
- Keep You Active
- Share Secrets
- Partner in Crime
- Good Listeners
- Shoulder To Cry On
- Acceptance
- Encouragement
- Unconditional Love



"You are a piece of the puzzle of
someone else's life.
You may never know where you fit,
but others will fill the holes in
their lives with pieces of you"

Bonnie Arbor



GoodTherapy.org

Spend time with
people who are good
for your mental health.



*Friends offer
free therapy.*



@therandomvibez

Life is better
with friends :)



#mentalhealthmatters #matesaregreat #wellbeing #friendshipsmatter
#dolifewithothers #notalone #bethefriend #newperspective