

# One Source EAP Connections

## Friends Make Life Worth Living

August 2023

### You've Got A Friend

Some of our earliest memories are of friends we've played with, learned with, worked with, fought with, laughed with and cried with. These are the people who have shared our lives and make life worth living.

Research shows that friends actually affect our physical and mental health in powerful ways. The Mayo Clinic found that "adults with strong social connections have a reduced risk of many significant health problems, including depression, high blood pressure and an unhealthy body mass index (BMI). In fact, studies have found that older adults who have meaningful relationships and social support are likely to live longer than their peers with fewer connections."

To have good friends, you need to *be* a good friend. Qualities such as kindness, being a good listener and trustworthiness top the list of what it takes to cultivate friendships. Making time to nurture those friendships is critical too. While work and caring for children or aging parents may consume you, stay in touch with friends by phone, text or social networking. Because, as Carole King wrote, "aint it good to know, you've got a friend."

If you struggle to find or keep friendships, there may be a reason. Call One Source EAP at **(800) 300-0628**. All calls are answered 24/7/365 and are strictly confidential.



### Friends Improve Your Mental Health

As kids, we likely had lots of friends. Over time, our list either became larger or may have dwindled to a few close buddies. Having good friends does wonders for our mental health, as they:

1. **Alleviate Stress in Your Life**
2. **Boost Your Social Skills**
3. **Lower Your Risk of Dementia**
4. **Offer Someone to Lean On**
5. **Give a Sense of Belonging**
6. **Introduce Us to New Hobbies & Activities**
7. **Increase Our Self-Confidence**

For more details, [click here](#) to read the full article on *daily life.com*.

### Register for our August all-employee Friendship Seminar

Join Dr. Robert Lawrence Friedman for our August One Source EAP 30-minute Friendship seminar on August 15th at 4:00 PM to learn **about the value and importance of having and being a friend.**

The 3rd Tuesday of each month at 4 pm, One Source EAP celebrates a day from the National Day Calendar by hosting a 30-minute, system-wide virtual program. [Click here](#) or scan the QR code to register for one or all of the sessions.



You can also request other seminar topics for your workgroup. Check out the [seminar page](#) on our website to review the list. To ask for a seminar for your team, [click here](#).

