

Friendship

Friendships have a huge impact on your mental health and happiness. Good friends relieve stress, provide comfort and joy, and prevent loneliness and isolation. Developing close friendships can also have a powerful impact on your physical health. Lack of social connection may pose as much of a risk as smoking, drinking too much, or leading a sedentary lifestyle. Friends are even tied to longevity.

But close friendships don't just happen. Many of us struggle to meet people and develop quality connections. Whatever your age or circumstances, though, it's never too late to make new friends, reconnect with old ones, and greatly improve your social life, emotional health, and overall well-being.



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The benefits of friendships

While developing and maintaining friendships takes time and effort, healthy friendships can:

Improve your mood. Spending time with happy and positive friends can elevate your mood and boost your outlook.

Help you to reach your goals. Whether you're trying to get fit, give up smoking, or otherwise improve your life, encouragement from a friend can really boost your willpower and increase your chances of success.

Reduce your stress and depression. Having an active social life can bolster your immune system and help reduce isolation, a major contributing factor to depression.



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Support you through tough times. Even if it's just having someone to share your problems with, friends can help you cope with serious illness, the loss of a job or loved one, the breakup of a relationship, or any other challenges in life.

Support you as you age. As you age, retirement, illness, and the death of loved ones can often leave you isolated. Knowing there are people you can turn to for company and support can provide purpose as you age and serve as a buffer against depression, disability, hardship and loss.

Boost your self-worth. Friendship is a two-way street, and the "give" side of the give-and-take contributes to your own sense of self-worth. Being there for your friends makes you feel needed and adds purpose to your life.

Make your day joyful.



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