

International Day of Friendship

On 30 July 2021, we acknowledge the International Day of Friendship. There is a distinct connection between wellbeing and friendship. Put in simple terms - good friends are good for our mental health. Good friends help us celebrate the successes in our lives as well as providing a listening ear and a support network when we experience lows.

Maintaining the significant relationships in our lives brings a number of health benefits such as increasing our confidence, reducing our stress levels and boosting our sense of purpose and belonging. In addition to this, our friends help us become more well rounded individuals. For example, through our relationships with others we learn about different things and we listen to and respect differing viewpoints and beliefs.

As our lives progress, many of us may find it difficult to develop new friendships. This is often because of new priorities that require our focus and attention such as perhaps additional work commitments or raising a family. The International Day of Friendship is the perfect opportunity to consider the friendships that we have and look forward to building upon and investing those relationships.

Spend time with your friends - In our busy lives, we sometimes forget to pause and reach out to those who are closest to us. Take the time on the International Day of Friendship to slow down and catch up with those that mean a lot to you.

Express yourself – Take the time to tell your friends just how much they mean to you and reminisce of the fun times that you have shared. The International Day of Friendship is a perfect opportunity to tell our friends how much we appreciate them. Our friends accept us the way we are and they are some of the most important people in our lives.

Reach out to an old friend – Is there a friend that you have been meaning to get in touch with but never really get round to? Now is the perfect time to make contact, catch up and share your favourite memories together.

Following the challenges that the pandemic created, it's vital that we maintain strong friendships with the people that we feel close to and value. Now is also a good time to reflect on how we are as friends. Do we support our friends fully and check in with them regularly? Nurturing positive relationships is fundamental and as a result, we will inevitably be happier and healthier.

Please remember that our Employee Assistance Programme which is provided by Health Assured remains available to all our employees. Health Assured can provide support on a wide range of wellbeing issues and can be contacted 24/7 on 0800 028 0199 where professionally qualified counsellors are available to take your call and provide confidential advice and support on any issue that may be concerning you. There is no cost to you for accessing the service

