

# FRIENDSHIP & MENTAL HEALTH

JULY 2023

July 30th is approaching, and the International Day of Friendship is coming. Everyday Health compiled data on the mental health benefits of friendships.

We recommend reading the full article for in-depth analysis; however, findings to highlight include:

- **Friends Can Boost Self-Esteem.** Strong friendships have been shown to improve self-confidence and self-worth.
- **Strong Social Connections Help Offset Stressors.** Having a friend with which to recount your day or share a hug can reduce stress.
- **Friendships Help Protect Cognitive Health.** Having a large social network reduces the risk of dementia in older adults. However, further research is necessary to determine exactly why that is.
- **Friends Help Us Cope with Grief.** Relying on a strong support system is one of the most effective methods of overcoming trauma.
- **Friends Encourage Healthy Behaviors.** Maintaining positive relationships with people who make healthy choices can motivate you to make similar choices.



- **Healthy Friendships Make Us Happier.** A solid social circle measured by study participants' cellphone activity was a better predictor of happiness and general wellness than fitness tracker data such as heart rate and physical activity.

Whether with chosen friends or family, quality matters over quantity when it comes to relationships.

Moira Lawler, M.; Young MD, A. (2021, August 25). Why friendships are so important for health and well-being. Everyday Health. <https://www.everydayhealth.com/emotional-health/social-support.aspx>



## OUR PROGRAM

We are designed to meet the unique needs of older adults experiencing depression and/or anxiety.



## ANYONE CAN REFER

Anyone can make a referral to our program, including self-referrals, provider referrals, or community referrals.



## WE ARE DEDICATED

We are your local mental health experts dedicated to improving the quality of life for the patients we serve.



Call us today at: