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FRIENDSHIP THAT HEALS

We say that friends are the family we chose for ourselves. There is a lot of truth in this simple statement. A good friend is someone we can count on in both good and difficult times. Furthermore, a network of supportive friends is one of the protective factors against anxiety disorders and depression.

HUMAN – A SOCIAL BEING

Humans have many natural needs, the unfulfillment of which generates negative psychophysical effects. One of these is the need to belong, fulfilled by establishing and maintaining relationships with other people. Sometimes, however, we all need a moment of solitude, to be with ourselves in silence, a short rest from being with another person. It is useful to know the difference between being alone and a damaging feeling of loneliness.

Being alone is the objective situation when a person is without company. It usually stems from a need to calm down, stop, meditate, reflect. It allows people to turn inwards, to discover themselves or to take a break from the hustle and bustle of the outside world. Being lonely, on the other hand, is a subjective feeling of lack of connection with other people, isolation, lack of understanding. It appears not only in people living alone, but even in relationships and families.

FRIENDSHIP ALMOST LIKE A CURE

Any relationship – especially a sincere friendship or emotional connection – stimulates the secretion of oxytocin in our body. It is a hormone that is responsible for bonding and it also helps the body to better cope with stress. The feeling of happiness we derive from contact with others has an extremely good effect on us: it makes us less ill, more satisfied with life, and in adolescence it is a protective factor against depression. Generally friendly relationships reduce stress and keep us in a better mental and physical condition.

What is a good friend like?

Although we are all different, there are certain qualities that we value in another person. „A good friend” is someone who:

- shows a genuine interest in you and your life,
- is a good listener, does not judge,
- shares with you details from their life,
- accepts you as you are,
- makes you feel good about yourself,
- shares the same interests.

Generally speaking, this is someone who likes you for who you are. They respect you, open up to you, they are there for you when you need them. Furthermore, they make you happy to have someone like them around.



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What is the essence of sincere friendship? We encourage you to read this excellent article [Ojojane miejsca bolą mniej \[Oh my gosh'ed sore spots hurt less\]](#).

THE BENEFITS OF A GOOD FRIENDSHIP

A good friendship is very beneficial to our mental well-being because it can:

- Improve your mood. A positive attitude helps you feel better about yourself and the world in general.
- Help you achieve your goals. Friends encourage you to succeed and be better. It is good to have supportive people around you.
- Reduce stress and depression. Spending time with friends is a way to relax, avoid isolation and be active.
- Help you through difficult times. Whatever problem you are facing, a good friend can help you solve it or will simply listen to you.
- Maintain social contacts as you age. We often slow down our interactions with others as we get older for various reasons. And having good friends is an extremely positive part of life.
- Make you feel comfortable in your own skin. Whether they make you feel needed and appreciated or show how proud they are of you, good mutual friendships can boost self-esteem.

HOW TO FIND A GOOD FRIEND?

Here are some tips:

- Volunteering or clubs. When you meet people who are doing something you love, chances are you will meet someone like-minded.
- Attend events you enjoy, such as concerts, art exhibitions, fairs or sporting events. This is a good opportunity to meet interesting people.
- Accept invitations. We often make more friends through the friends we already have, so accept invitations to meet up from friends.
- Start your own club. If you enjoy organising events and there are not yet any clubs in your area that offer the activities you are interested in, consider starting your own club.
- Join an online community. Although face-to-face meetings are preferred, online communities are also a great way to meet people.

Above all, remember to be a good friend yourself – treat others as you would like to be treated yourself. Turn up on time, listen carefully, respect others – a good friendship is about a balance between giving and taking. Find time for your friends, initiate contact, take turns coming up with cool things to do, support them in their time of need and make sure they know they are appreciated.

*Don't wait, call now! If you feel lonely, contact a specialist.
We are here to support you!*