



RELATIONSHIPS

THE HEALING PROPERTIES OF FRIENDSHIP

The International Day of Friendship was designated by the United Nations General Assembly. Held this year on the 30th of July, it's an opportunity to recognise and be thankful for friendships, encouraging peace, happiness, and unity.

We all know that good friends are indispensable – supporting us through bad times, celebrating the good times. But they are so much more, according to Mayo Clinic. They are good for your health, both physical and mental, increasing your sense of purpose, boosting your confidence, and encouraging you to avoid or change unhealthy lifestyle habits.

Adults with strong social support are less likely to develop depression, high blood pressure and often live longer than their peers with less friends.

Friendships outside of your relationship can be beneficial.

Psychology Today consider friendships to be vital to the health of your romantic relationship. Your partner may be the first person you turn to for comfort and support, but friendships outside of your relationship can provide a necessary outlet for self-expression and the development of independence. Interests that you don't share with your partner can be explored with a friend, helping you grow, learn, and evolve.

The support of friends can help with positive change in your life, advise Healthline. If you're trying to break a bad habit, or take up a healthier one, a friend can be pivotal to its success.

For example, giving up smoking, joining a gym or starting a diet may have a more positive outcome if you are trying it with a friend. The mutual encouragement and support can boost self-confidence and help to maintain resolve.

The connection between health and friendship is one that should be cherished. This International Friendship Day, go out of your way to nurture your friendships. Let your friends know that you care about and appreciate them.

Be kind, listen, prove you are trustworthy. The benefits of surrounding yourself with good friends can only work if you are a good friend yourself.

'A day without a friend is like a pot without a single drop of honey left inside.' Winnie the Pooh