

20th July | International Friendship Day

What are the benefits of having friends?

Science has been studying for a long time the positive impacts that cultivating a network of friendships can have on our health, which ranges from better mental health to the adoption of healthier habits, and physiological benefits such as a reduced risk of illnesses.

Cultivating friendly relationships is in our innate condition as human beings.



See what happens when we create friendships:

- We recognize the individuals we live with as part of a group;
- We establish mutual relationships of admiration and trust;
- We feel encouraged to adopt healthier lifestyle habit;
- We increase our ability to deal with stress.

Attention!

Positive personal ties can also trigger positive physiological consequences linked to the reduction of stress, such as a lower blood pressure and heart rate, which contribute to better health.



Have a look at some new ways to cultivate friendships:



- Get a hobby that you can do in groups, like playing something, or having a book club;



- Turn bar meetings into video calls, try to get together with friends frequently;



- Use groups on social networks to be present and talk about your day;



- Look for courses that you can take together. This creates a common interest between you and encourages socialization with other people.



Cultivating friendships can make a difference when considering a life with more quality. Have you called a friend today?