Friendship February

#Thrive2021



Lean on family & friends for Support

A social support network is an essential part of your mental and physical wellbeing. Relying on family, friends and colleagues during stressful times, is what gives many the strength to push on, and even thrive, in the face of adversity.

Support can take different forms, from assisting with physical tasks and providing care, to simply listening, giving advice, and showing empathy and concern.

On the flip side of the coin, a lack of social support can lead to feelings of isolation and loneliness, which can increase the risk of depression and suicide.

Not sure where to start?

Work on improving the relationships you already have.

- Stay in touch
- Actively listen
- Respect boundaries
- Show appreciation
- Reciprocate support

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