

The Power of Friendship

It is widely known that humans are social creatures. And our friendships play a vital role in our mental and social wellbeing. This month explore the benefits of friendships and ways to find and develop these important social connections.



How to Build a Life of Close Connections

Strong, healthy ties to others are powerful tools for boosting wellbeing and building a rewarding life.

[Read More](#)



Making New Friends as an Adult

Making friends can be more complicated in adulthood than in childhood. We've got tips on how you can get to know new people and develop the trust and affection that make for a lasting friendship.

[Read More](#)

Exclusive for LifeWorks Members



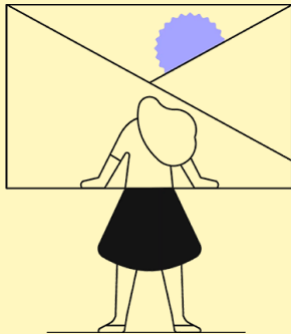
Relationships: Friends Keep You Healthy

Access on LifeWorks



Be Intentional: Create Social Connections (video)

Access on LifeWorks



More to explore this month

LifeWorks Learning Presents

Conquering Fears, Building Resilience and Skyrocketing Potential

Featuring Joze Piranian

July 19th, 2022 | 10am EST



- **LifeWorks Learning** presents a free webinar, **Conquering Fears, Building Resilience and Skyrocketing Potential**. On July 19th at 10:00 am EST. Join Joze Piranian for his blueprint on confronting challenges, building resilience, learning new skills, and

reframing our relationship with fears to thrive amidst uncertainty. Register **now**.

- **LifeWorks' Mental Health Index** shines a spotlight on the current mental wellbeing status of employed adults. In each monthly report, you'll find measured change compared to the prior month and details on the specific impact of current issues in the community. **Sign up** to receive monthly Mental Health Index communications.

New for LifeWorks Members

Top 5 Excuses for Not Exercising and How to Conquer Them (Infographic)

