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**EVERYDAY STRONG**

**Do you have a   
support network?**

**Caring relationships do more for you than you think**

Why surround yourself with good people? Not only does it feel great, but research shows people are healthier, happier and live longer. That’s because healthy relationships create good feelings. The more you share, the more you bond. And the more you bond, the more you strengthen your relationships so you can get even more out of them.

Supportive relationships:

* Reduce feelings of loneliness
* Increase your contentment
* Give you a sense of belonging

Put in the effort to build or maintain your support network. Set up regular breaks or gatherings with coworkers or friends, start a book or walking club, volunteer together — make time to nurture your relationships. And remember, when you put good in, you get good out.

* Lift you up when you’re down
* Improve your communication skills
* Make you more compassionate