

Supportive Social Networks

We all need to feel like we belong and that others care about our well-being.

Are there people in your life that you can turn to when you need to talk to someone? Someone you can call for help when your basement is flooded or when you need someone to watch the kids? Or maybe someone you can call when something really great happens and you want to share the news?

It's common to underestimate how much you may benefit from the support of others. We all need a social support network which can include many different groups of people – partners, family, friends, co-workers, neighbors, or even professionals like doctors, counsellors or peer support groups. These different groups of people can help us cope with setbacks, solve problems, improve self-esteem, and manage health problems and stress. Stress affects the entire body – from mental well-being to heart health to the immune system – so finding a way to manage and reduce stress is incredibly good for us.

The benefits of social support can be felt by those providing the support, too. Keep in touch with your support network, return calls and texts, set up a video chat, offer support to others when they need it and let them know that you appreciate them.

For this month's theme, we are providing information on the benefits of a strong social support network, how to maintain the relationship with those that you are close to during difficult times, and resources to help build your network.

We encourage you to check out the TED Talk [*Friendimacy: The 3 Requirements of All Healthy Friendships*](#) by Shasta Nelson.

In addition, the following resources are available to you:

- [Why Good Friends are Important](#)
- [Social Support](#)
- [Rebuilding Social Connections \(After the Pandemic Ends\)](#)
- [Why You Should Take Your Vacation Days](#)

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider.

Access your EFAP 24/7 by phone, web or mobile app:

Canada:

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <http://ca.resourcesforyourlife.com>
COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play
PASSCODE: 149301

United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play

