

Good Friends are Good Medicine



It's part of our independent culture to try to figure things out on our own. But studies show that counting on a support system can make a huge difference in both emotional and physical health. A support system is a network of family, friends, and colleagues who enrich your life while helping you cope with stressors like grief or overwhelming situations. Reaching out to a group of trustworthy friends or even just one good "bestie" can act as a buffer against loneliness and stress-related health problems.

If loneliness is impacting your everyday life, talking with a counselor may be beneficial. For a consultation, contact Concern at 800-344-4222 or visit employees.concernhealth.com