



# Why you need your social network

Humans are social creatures. We need to feel connected to each other. But did you know that your social network can improve your overall health and well-being?

## Health benefits of friendships

When you have friends and family you can lean on — and who can lean on you — you tend to have:<sup>1</sup>

- Less stress, anxiety and depression
- Lower blood pressure
- Better sleeping, eating and exercise habits

Close relationships boost your self-esteem and help build resilience.

## How to expand your social circle

Your friends, relatives, coworkers, neighbors — and even your pets — can all be valuable members of “Team You.” You can also expand your network by:

- Getting involved in local activities
- Participating in a community project
- Volunteering
- Starting a book club or game night
- Joining a hobby or interest group

There are lots of ways to meet people and make new friendships. And building a healthy social network is more than just fun — it's good for you!

<sup>1</sup>Abrams, Zara. The science of why friendships keep us healthy. Available at: [apa.org](https://www.apa.org). June 2023. Accessed December 2025.

For legal disclaimers, visit [rfl.com/Disclaimers](https://rfl.com/Disclaimers).