

**LifeWorks**  
For all of life's questions.



## July feature: Friends and Community

Relocating, a major life change such as taking on demanding care responsibilities, managing a busy family schedule, pressure at work; it can be harder than ever to make and keep friends in today's fast-paced world. Experts agree that many of us are experiencing a "friendship crisis."

The fact is that **building a network of friends and community is one of the most valuable things you can do for your health, happiness and well-being.** In a massive Gallup Organization study, researchers uncovered many surprising statistics about the importance and impact of authentic friendship, including:

- *If your best friend eats healthily, you are five times more likely to have a healthy diet.*
- *Married people say friendship is five times more important than physical intimacy within marriage.*
- *Those who say they don't have real friends at work have just a one in 12 chance of feeling engaged in their job. Conversely, those who report having a "best friend at work" are seven times more likely to feel engaged.*

Whether you've just landed in a new city and you're feeling lonely, you're worried about a child or older relative who seems to be having trouble maintaining meaningful ties, or you could use advice on how to find a community of friends who share your interests, **LifeWorks** can help! Contact a caring, professional consultant any time, 24 hours a day, seven days a week, for confidential support, or go online to [www.lifeworks.com](http://www.lifeworks.com) to access the following helpful resources:

- Our new podcast, *Friends*, featuring Rebecca Adams, a leading authority on friendship.
- Life Articles, such as:
  - *Friendship After 40*
  - *Keeping in Touch with Friends*
  - *Friends, Relationships and Building a Community*
  - *Building a Personal Life as a Single Parent*
  - *Workplace Fun: Bridging the Generation Gaps*
- Our toolkit, *Becoming You: Finding Yourself in Your 20s and 30s*
- Booklets, including: *Planning Your Future: Life, Work and Relationships After 50*, and *Building Trust*
- Our convenient mobile app for your iPhone, Android or Blackberry—just search 'LifeWorks' in your app store!

**Call LifeWorks to speak to a caring consultant any time  
at 1-877-207-8833. TTY: 1-877-371-9978**

**You can also visit [www.lifeworks.com](http://www.lifeworks.com) or access via  
Ceridian LifeWorks Mobile.**

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