



Maintaining Friendships in Busy Adult Life

Why Staying Connected Can Be Challenging

Busy schedules, shifting priorities, and work demands can make it harder to stay connected. For many USPS employees, time and energy are limited — and friendships may fade without intending to.

Simple Ways to Stay Connected

Healthy friendships do not require constant contact. Small, consistent efforts can make a meaningful difference:

- Send a quick text or check-in
- Schedule time in advance, even if it's occasional
- Combine connection with routines (coffee, walks, errands)
- Accept less frequent but meaningful contact

Reaching Out After Time Has Passed

It's common for time to pass between interactions. Reaching out again may feel uncomfortable, but it's often welcomed.

Simple approaches:

"I've been thinking about you — how have you been?"
"It's been a while, but I'd love to catch up"

Letting Go of "Perfect" Friendships

Healthy friendships allow for:

- Flexibility
- Changing availability
- Periods of less contact

When Effort Feels One-Sided

If a friendship feels unbalanced:

- Consider life circumstances or stress
- Communicate if needed
- Adjust expectations if necessary

Strong friendships grow through small, consistent effort — not perfection. If you're feeling disconnected, you don't have to figure it out alone. The EAP is available to help you strengthen relationships, navigate changes, and build meaningful connections.



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