



Why **Adult Friendships** Matter

The Role of Friendship

As responsibilities grow, friendships can take a back seat — but they remain essential to wellbeing.

Friendships provide:

- Emotional support
- A sense of belonging
- Shared understanding during life's challenges

Impact on Mental Health

Strong social connections are linked to:

- Lower stress
- Improved mood
- Greater life satisfaction

Limited or strained connections can increase:

- Loneliness
- Irritability
- Emotional fatigue

Quality Over Quantity

You don't need many friends — you need the right ones. **Healthy friendships offer:**

- Honesty and openness
- Encouragement and support
- Trust and consistency

Life Changes & Friendships

Friendships naturally evolve with changes in work, family, and life stage. This is normal — relationships may simply need to adapt.

Key takeaway: Friendships are a meaningful part of emotional health and deserve attention and care.

The EAP is available to support USPS employees in building and maintaining healthy social connections. Whether you're looking to strengthen friendships or manage feelings of isolation, the EAP can provide guidance and support.