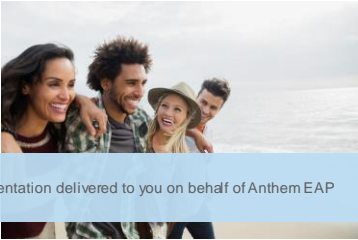




Friends and Family: Our Foundation in Life



A presentation delivered to you on behalf of Anthem EAP



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Quote

"The love of family and the admiration of friends is much more important than wealth and privilege."

- Charles Kuralt

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Agenda


- What You Will Learn
- Did You Know?
- Trends and Benefits
- Role of Family and Friends
- What To Do After Covid
- Impact
- Next Steps
- Action Steps

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What You Will Learn

- Role of friends and family
- How to engage during Covid
- Post Covid reintroduction
- The impact it makes on you and others

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Did You Know ?

According to a 2018 survey:

- Three-quarters of adults (75%) said they were at least somewhat satisfied with their social life
- Over a quarter (27%) said they were very satisfied
- While 26% were at least somewhat dissatisfied with their social life
- Just 18% said they were very dissatisfied with their social lives.
- More than half (54%) said they had people in their life they could turn to for support all or most of the time.
- However a sizable minority felt that their support network could be improved (33%)

Source: Pew Research
But this was BC: Before COVID

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Trends

Volunteering is up!

- Over 77M Americans volunteered in 2018
- Nearly 9B hours were volunteered
- Value of hours volunteered was \$167B

Millions more are...

- Supporting friends (43%)
- Doing favors for neighbors (51.4%)

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Benefits

- Support**
Importance of family and friends cannot be subverted during times of emergency and crises.
During tough time, having a friend or a family member to help you and make the progress easier
- Self-Esteem**
Having family and friends you can depend on will generally boost your confidence level
The absence of friends can leave you feeling forlorn and hopeless
- Security**
The importance of family and friends cannot be over-emphasized.
We need others to support and love us, even as we love and bolster them in our turn
Challenges are a lot simpler when you have a friend or family member there to help you


[Source](#)

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Benefit: Friends/Family = Better Health

Friends play a significant role in promoting your overall health. Adults with strong social support have a reduced risk of many significant health problems, including:

- Depression
- High blood pressure
- Unhealthy body mass index (BMI)
- Studies have even found that older adults with a rich social life are likely to live longer than their peers with fewer connections



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Role of Friends and Family

Friends

- Happy for you in the good times
- Coach you through the bad times
- Important to be selective
- Quantity vs quality (only so much time)

Part of the 5 Buckets of Work/Life Balance..

Family

- Quality time vs. Quantity
- When to listen and when not to listen
- Set boundaries
- It's OK to say no

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How to Manage Post COVID

Remember...

- Lead with positive intent
- Address any open conflict that arose due to COVID
- Be forgiving if need be but remember your value
- Seek to help first
- Remember why they were important to you


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Impact



- Remember your work giving back not only helps others but it helps you as well.
- When we give back we leave our footprints for others to follow...


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Action Steps

What three action steps will you commit to working on?

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Always Remember...

"The length of one's day matter less than the love of one's family and friends."

- Gerald Ford

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