

# INTERNATIONAL FRIENDSHIP DAY

30 July 2023

**Police  
Mutual**

International Day of Friendship is a day to appreciate and promote friendships from all backgrounds. It is celebrated across the globe on July 30, 2023, the day promotes the idea that friendships between peoples, countries, cultures and individuals can inspire peace and build bridges between those communities.



It was introduced in 2011 as a UN initiative to reject poverty, violence and human rights abuse and to promote peace, security and social harmony. For more details [click here](#).

Friendship requires empathy, compassion and concern for other people. By valuing and celebrating friendship, we develop these characteristics ourselves and adopt a more selfless and grateful outlook on life.

### Why are friendships important?

Evidence suggest there are 5 steps you can take to improve your mental health and wellbeing. One of which is to connect with others.

Connecting with the people around you, your family, friends, colleagues and neighbours are key to your overall wellbeing. These relationships will support and enrich you.

Good relationships are important for your mental wellbeing. They can help you to build a sense of belonging and self-worth, give you an opportunity to share positive experiences and provide emotional support and allow you to support others.

For more details on the 5 steps to wellbeing click [here](#).



# There are many benefits of friendships

**There is a distinct connection between wellbeing and friendship, in simple terms good friends are good for your health. They help you celebrate the successes in your life, as well as providing a listening ear and support network when you experience lows or in times of need.**

Maintaining significant relationships in our lives brings numerous health benefits, such as increasing our self-esteem and confidence, reducing our stress levels and boosting our sense of purpose and belonging.

As well as the wellbeing benefits that friendships bring, our friends help us become more well-rounded individuals. For example, through our relationships with others we learn about different cultures, beliefs and languages.

As our lives progress, many of us find it difficult to develop new friendships. This is often because of new priorities that require our focus and attention, such as work, childcare or carer responsibilities. In addition, your long-lasting friendships might become strained due to you relocating to a new community or simply because of changes in your lives and interests. The result of which can have negative effect on your mental health and wellbeing.



## How to celebrate International Day of Friendship

- **Find out about other cultures:** The world is getting smaller and smaller. The population is growing yet we can all communicate with each other instantaneously. This is a great thing as we have access to so much knowledge at our fingertips, and can chat with people from different cultures as easily as we can chat to the person in the next room.
- **Spend time with friends and family:** In our busy lives, we often forget to pause and reach out to those who are closest to us. Take some time on this day to do this. If you can't see a friend, ring them up for a chat or reach out to someone who you've not spoken to for a while.
- **Use this day of Friendship to slow down a little, and catch up with the friends and family you maybe neglect a little with your busy schedule:** Get together, either virtually or in real life to enjoy each others company. By making this time to be social, you'll strengthen the bonds that hold your friendships together, and make a positive difference to the lives of people who care about you.



## Police Mutual Services

Our Care Line Service provided by Health Assured can offer advice and information, helping with a range of concerns including emotional support. Take a look at the e-portal or download the APP.

## Health & Wellbeing e-portal

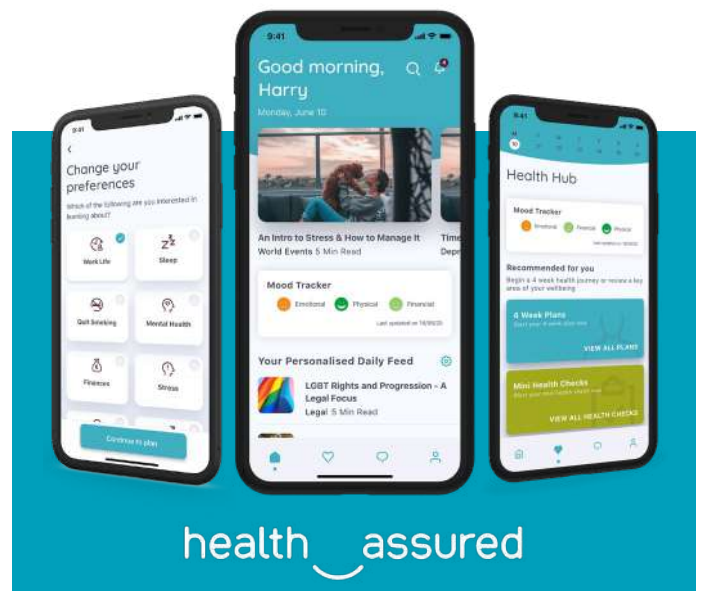
<https://healthassured.co.uk>

**Username:** policemutual **Password:** careline

We've teamed up with **PayPlan**\*, one of the UK's leading free debt advice providers, who offer free and confidential advice to anyone in serious financial difficulties.

They're able to advise you on a range of debt solutions suited to your individual circumstances, helping to protect you and your family with a sustainable way to manage your debt.

Get free and confidential help to combat your debt, call **PayPlan**\* on 0800 197 8433.



Download the **Health Assured App** and register today - your code is **MHA107477**

# Police Mutual

To read more of our wellbeing guides take a look at our Wellbeing Hub [here](#).

**Call us 01543 441630**  
**Visit [policemutual.co.uk](https://policemutual.co.uk)**

**We're open from**  
**9am - 5pm Mon - Fri**

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