



Friendships and longevity

Maintaining close, quality friendships has been shown to have a positive impact on longevity and life satisfaction. A review of more than 148 studies showed a 50% increased likelihood of survival for participants with stronger relationships (PLOS Medicine 2010). Research from the Mayo Clinic shows people who have satisfying relationships with others are happier, better adjusted, experience fewer health problems and live longer with a reduced risk of depression, high blood pressure and an unhealthy BMI.

When it comes to friendships and well-being, it's more about meaningful relationships rather than how many friends you have. According to Anthropologist Robin Dunbar, human brains have a limit on how many meaningful relationships they can keep track of. Dunbar says most people can have up to:

- **5** intimate bonds: spouses and best friends
- **15** close friends: people you trust and spend time with regularly
- **50** friends: people you would invite to a personal event like a wedding or dinner
- **150** casual friends: people you would invite to a big party

Meaningful friendships can:

- Increase sense of belonging
- Keep brain sharp
- Help manage and beat stress
- Get you through difficult times
- Boost longevity
- Improve quality of life
- Improve self-confidence and self-worth

Nurture and maintain meaningful friendships by being:

- Kind
- A good listener
- Honest
- Trusting
- Available
- Mindful



Sources: PLOS Medicine 2010, Mayo Clinic, Harvard Health, Psychology Today