

# Hello

## Chaplaincy shares a few reflections in February 2022




NIM's workplace chaplains write; "Few things have such a huge impact on our happiness and the enjoyment, depth and plain fun of life as the friendships we have. It could be friendships with our partners, family members, colleagues, people we have known since we were kids or people we have just got to know more recently - and not forgetting our pets. Although much is made of the love that is shared with a romantic partner on Valentine's

Day (though not everyone will celebrate that day), the love we share with our friends is not to be underestimated and can make such a difference to our overall happiness, and our ability to cope when life is tough! I recently listened to a podcast which asked why the American sitcom 'Cheers' had been so popular? The response was that maybe it was because we all want to be somewhere 'where everybody knows your name', what do you think?"

Here are a few 'reflections' & we hope they bring some comfort, support and maybe even a smile! Our contact details are below and it is always lovely to hear from you!

*'A real friend is one who  
walks in when the rest of the  
world walks out'*

Walter Winchell





## Friendly February

**We need each other more than ever right now!** In February let's focus on reaching out to connect with others, and doing our best to be a good friend. Our acts of kindness and connection ripple out and impact so many more people than we realise - and they also boost our own happy hormones too! In stressful times people around us may be feeling the strain, so let's try to keep calm, take time to listen and show compassion. And if it's us feeling the strain - we too can reach for our friends!

For more info and to download the calendar visit:  
[www.actionforhappiness.org](http://www.actionforhappiness.org)

## Relationships matter



Having one close friend, or a few good friends, and a network of social connections appears to increase our immunity to infection, lower our risk of heart disease and reduce mental decline as we get older. Research(see below) shows that it's the quality of our relationships that matters most and this is influenced by:

- Experiencing positive emotions together - doing something enjoyable or fun;
- Being able to talk openly and feel understood;
- Giving and receiving of support;
- Shared activities and experiences.

Our connections with other people are at the heart of happiness and well-being - theirs and ours. It does seem that we are wired for relationships - think of emotions and behaviours such as love, compassion, kindness, gratitude, generosity, smiling and laughing. Or how difficult it has been to 'socially distance', and how reluctant we usually are to break bonds with people and how painful it is when we do. Our need to feel connected to other people - to love and be loved, and to care and be cared for - is a fundamental human need and a key focus of spirituality for many people. Indeed some experts argue that the capacity to be loved, as well as to love, is the most important human strength.

Maybe that is why we all want to be somewhere where everybody knows our name!

### Fancy a chat?

If you fancy a chat, or have a concern you would like to talk over, please just get in touch.

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***'A good friend is a connection to life - a tie to the past, a road to the future, the key to sanity in a totally insane world'.***

Lois Wyse

(1) Dickerson, S.S. & Zoccola, P.M. (2009) Towards a biology of social support.

(2) Ryan, R.M. & Deci, E.D. (2001) On happiness and human potentials

(3) Seligman, M.E.P. (2011). Flourish: A visionary new understanding of happiness and well-being.