

Building and Maintaining Healthy Relationships

LifeWorks can help



Rewarding relationships with mutual trust and respect are important to our well-being. These relationships provide joy, adventure, support, and comfort. Positive relationships that nurture your well-being take time and effort, and they're a worthwhile investment.

Staying connected with friends and family through life's ups and downs and busy schedules can be a challenge. Whether you're looking for tips to help you sustain meaningful friendships, wanting to improve a difficult relationship with a colleague, or helping your child to connect better with his or her peers, LifeWorks is here with support and strategies.

You can also log in any time to the LifeWorks platform (metlifeeap.lifeworks.com) to access helpful articles and resources, such as:

- [Maintaining Close Friendships](#)
- [Making New Friends as an Adult](#)
- [Mending Fences with Friends and Family After a Disagreement](#)
- [Quick Tips on Friendships at Work](#)
- [Dealing with Conflict in Your Personal and Work Life: Conflict with friends](#)
- [Friend Request: Making New Friends Abroad](#)

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