

6 Reasons Why Having Friends at Work Is Key to Your Success

Summary: *Do you have any friends at work? If not, you should definitely work on making at least one.*

We all spend the majority of our waking hours at work, even more so if you're in a time in your career that you're working 60+ hours a week to get to where you want to be. Having friends at work is just a distraction, right?

Not so much. There are actually several reasons why having friends at work not only makes your days more tolerable or enjoyable but also can help you have more success in your career. Here are a few reasons why you should get out of your comfort zone and ask your colleagues to lunch, happy hour or to work on a project with you:

1. **You'll feel less isolated.** Since we spend the majority of our waking hours at work, being alone in your cubicle or office can get pretty lonely. Relationships are key to happiness, so combat that loneliness with a few friends to check in with throughout the day.
2. **You'll give your brain a break.** Even if you're busy most of the day, taking time to engage with others and chit chat about non-work related things can relax your mind for a few minutes and allow you to head back to your work feeling refreshed.
3. **You'll be more invested in your work.** Having friends at work transforms your job from a To Do List of tasks to something you care about. Yes, you may believe in your company, but connecting with others in your workplace will grow your own passion by seeing theirs as well.
4. **You'll improve communication skills.** Sure, you're not giving a speech to your office friends, but building relationships in the office rather than isolating yourself helps you to work on your communication and social skills.
5. **You'll gain a sense of belonging.** Since we were small children, feeling like we belong to something has been essential to our identities. Having a sense of belonging allows you to feel safe and secure. Making friends at work and feeling that belonging will lower your overall stress level and increase your happiness.
6. **You'll have a support system.** Let's be honest, there are times at work when things don't go so well. You might be going through a rough patch with a new supervisor or just lost an important client. Having friends at work who understand what you're going through will help you to better handle the situation.

Not convinced? [Check out this infographic](#) for more statistics!