American Heart Association.
Well-being Works Better™

August 2025 Newsletter

Work Buddies Make Challenges Easier and Successes Sweeter

The Link Between Friendship and Well-being: How to Encourage Workplace Connections

Having a “work bestie” can be an effective way to boost productivity and create a more engaged work environment. Personal connections between employees can reduce stress, create a sense of belonging and promote resilience during times of anxiety or change.

Friendships at work can also benefit your organization by improving collaboration, enhancing employee engagement and increasing job satisfaction.

This fall, as employees return from vacations, there’s an opportunity to refresh workplace dynamics. Start by organizing activities that promote bonding such as mentorship programs, group lunches, team-building exercises, collaborative projects and social events.

Now’s the time to foster supportive relationships for a healthier, productive workforce all year round.

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Employee Well-being Tips for Any Trip

As the days become shorter and temperatures get cooler, many folks are squeezing in their final summer getaways. Organizations may also be scheduling more business trips in the coming months. Either way, remember that travel may disrupt health routines. Maintaining exercise, proper sleep and a nutritious diet can be challenging when you're away from home.

Encourage your employees to stick to their healthy routines while traveling. Here are some simple tips to help them stay on track.

Well-being On The Road

- Get your steps in at the airport. Avoid the conveyor belt or people mover.
- Stop and stretch every 2–3 hours on long car rides; always pullover if you’re feeling drowsy.
- Take in the sights on foot.
- Use hotel gyms or consider streaming a workout to keep up with your routine.
- Bring your own snacks like nuts, fruits and protein bars.
- Stay hydrated.

As we head into fall, continue to motivate your team to develop and practice healthful routines.

MORE TIPS

Share Your Story

Big transformations or small wins. Group efforts or individual experiences. We’d love to hear the ways Well-being Works Better™ solutions are positively impacting your organization.

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