

Coach's Corner

by Sharon Pahlka, kidney patient and life coach



Time for friends...it's good for you!

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Are you making time for friends? Studies show that being with friends counters stress and produces a calming effect. I recently filled my plate with more than I could handle. I am blessed with many friends, and one made all the difference.

Studies have found that friends reduce our risk of disease by lowering blood pressure, heart rate and cholesterol. There is no doubt that friends help us live longer. Researchers found that people who have no friends increased their risk of death over a six-month period. Those who had the most friends over a nine-year period cut their risk of death by 60 percent. Friends help us live better in all respects and add joy to life.

Having kidney disease is difficult, so maintaining our valuable friendships can keep us in the ballgame longer. Your "to-do" list can wait. Make friendship a priority!

Coaching Question: How much time do I make for friends?

Coaching Tip: Don't put friends on the back burner.

Homework: Reach out to a friend today. Help someone. Ask for help, advice or companionship. Connect with a friend who you haven't talked to in a long time.

Quotes: "When a friend is in trouble, don't annoy them by asking if there is anything you can do. Think up something appropriate and do it."

—Edgar Watson Howe

"True friendship is like sound health; the value of it is seldom known until it is lost.

—Charles Caleb Colton

Resources: <http://www.friendship.com.au>
<http://www.cyberparent.com/friendship>

Sharon is a life coach specializing in helping those with chronic health challenges live well and meaningfully. She spent 19 years on dialysis, and for the last 13 years has had a kidney transplant. To learn more and read other Coach's Corner articles, visit her Web site: <http://www.lifeisagift.com>.