FRIENDS AT WORK

by:
Robelyn O. Sapico
Limay Elementary School

Having friends at work is very important especially for our mental well-being. When we have a close friend at work, we feel stronger, happy and excited to come into work every day.

Most of the time we spend too much in our workplace. Having friendships at work may be a psychological necessity according to psychologists Sigmund Freud, John Donne, and Abraham Maslow. One of the basic needs of human is to have a sense of belongingness, which our co-workers can help us to achieve that through friendship.

Our co-workers should be our friends. They are the one we can count on to help us in work as well as in any problem we encounter both in work or personal matter. Really, work brings us a lot of stress. So, we need someone to decrease this fatigue and loneliness. If you have friends at work you will enjoy your work and you will be motivated to be productive.

Sometimes you will find your job very hard, so challenging and frustrating that you want to give up. When this time come, you will see the importance of your officemates. Less stress at work if your co-workers are your friends. Tasks seem to be easier to perform.

People with friends at work feels more job satisfaction. You will have happiness at your workplace if you do have friends at your work. And, when you make a connection to someone on your colleagues you develop an automatic sense of responsibility.
In general, having a friend at your job is significant factor for you to like your work. If you have someone that will care, love you, there is a chance that you be productive and efficient worker.

References:

Retrieved March 16, 2019, from https://www.officevibe.com/blog/infographic-friends-at-work