

Galentine's Day Celebration

Andi Blaylock, LCSW

Women's Foundation of Greater St. Louis

February 15, 2024



Happy Galentine's Day!



Guess Who?

Dorm friends from the University of Wisconsin-Madison, 1990



Husband, 2010



Oxytocin – The “Tend and Befriend” Hormone

Longevity and Survival: *Women diagnosed with breast cancer found that participants with 10 or more friends had a higher survival rate than those without close friendships.*

Sense of Belonging: *Female friendships are a site of ease, escape and refuge.*

Career Advancement: *Women with a strong circle of one to three friends who work in leadership positions are two and a half times higher in authority and pay than those who do not have this type of support.*

Improve Mood and Health: *Friendships among women negate the impacts of stress, fight depression and promote overall wellbeing.*

"I love my husband, but it is nothing like a conversation with a woman that understands you." – Beyonce Knowles Carter

Process Feelings: *Female friendships allow us to process experiences more deeply. Sharing our emotions can help reduce their negative impact.*

Source of Empathy: *Whether it's celebrating our victories or supporting us during challenging times, female friends understand each other deeply.*

Emotional Support: *Female friends allow us to mirror each other's thoughts, beliefs, and actions, shaping our emotional and mental strength.*

Galantine's Day Ins and Outs

Out

- Giving more than you get
- Thinking all friendships are created equal
- Expecting all friendships to last a lifetime
- Not asking for help
- Deciding it is too late to make new friends

In

- Asking for what you need
- Recognizing each friendship for what it offers
- Appreciating the time in life a friendship serves
- Leaning on my friends
- Being active and deliberate in seeking connection