



Deliberating Work-Life Balance Within Recovery Courts

A TARCP PROFESSIONAL SERIES
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A Cherished Investment

An NPR podcast, Life Kit, with Dr. Marisa Franco, discussing her book, *Platonic*, and the science of making and keeping friends. [Life Kit with Dr. Marisa Franco](#)

A TEDx Talks with Dr. Marisa Franco on platonic friendship being as important as romance. [Bouncing Back and Friendship](#)

Matthew Perry talks to Diane Sawyer. [Addiction and Life Today](#)

More with Matthew Perry and Diane Sawyer. You can stream the complete interview on Hulu. [Discussing Seasonal Changes](#)

A breakdown on the Meetup app. Just a potential resource, not a recommendation. [Broadening Social Circles](#)

Friends, Lovers, and the Big Terrible Thing by Matthew Perry on relationships, addiction, and life today.



**Happy Thanksgiving
from TARCP**

With Appreciation



**Alisa Bloom is the winner of
this month's TARCP
20-ounce Yeti Rambler!**

Nearly everyone has heard of the classic sitcom *Friends*, but did you know the premise of the show, friendship, can literally be a life changer? When you are around those who make you feel comfortable and relaxed, you also experience a sense of trust, which affects your cardiovascular and immune systems. A lack of social interaction can affect your sleep quality, cognitive function, and life expectancy. There is much discussion centered on the physical effects of loneliness among the elderly population, but loneliness can affect anyone at any age, with social self-care being as important as exercising to maintain good overall health.

Creating new friendships at any age can potentially make you feel vulnerable on some level, and it can be more difficult to make new friends as an adult. Social circles can begin to shrink at around the age of 25, with connections changing after we leave school, take new jobs, or move families to new locations to work these jobs. Forging new friendships takes a great deal of time and effort. Life changes, and so do our social networks.

The New York Times recently published an article about a psychologist that studies friendships, Dr. Marisa Franco. The article references adult friendships being on the decline, with 3 percent of Americans stating they have no close friends in 1990, compared to roughly 12 percent reporting they have no close friends in 2021. She has written a book that addresses this statistic and offers wisdom on making new friends as well as appreciating and strengthening existing friendships. Go to [The New York Times](#) to read the full article.

Back to the *Friends* reference. On November 1st Matthew Perry released his memoir that shares his decades-long recovery story, *Friends, Lovers, and the Big Terrible Thing*. At one point, Perry was using Xanax and methadone in addition to taking fifty-five Vicodin and drinking a full quart of vodka daily. He went to rehab many times but ended up in a two-week coma after his colon burst due to opioid abuse.

As he recounts his addiction journey, he expresses gratitude for his friend Jennifer Anniston, detailing her honesty with him about his addiction and how she never gave up on him. This is but one of many examples of friendship and how having and being a friend can make us vulnerable, but also offer us a lifeline before we ever knew we needed one.