

## Friendships

A friend is someone other than your family or partner that you share close affection with. You share kindness, sympathy, empathy, compassion, loyalty, fun, and probably some common beliefs and values with them. They can be in person or online, your next-door neighbour or 1,000 miles away.

People who are friends talk to each other and spend time together. They trust one another and help each other when they are in trouble or are hurt. Friends are people that can be looked up to and trusted. Usually friends have similar interests. A friend is one who admires a person's skill and helps or encourages them to make the right choices and do not get into any trouble at all.

The strength of the bond of friendship between two people can vary. If the bond is very strong, they are called best friends. This can usually be achieved by possessing the elements of friendship, by being kind, generous, loyal, and honest and by having fun. With these qualities, you can truly enjoy the bliss of friendship.

There are expectations, demands and complaints in friendship too. If friends do not match with your expectations, it does not mean you will break the friendship. It is all about understanding, realizing and helping whenever possible.

Friends bring more happiness into our lives than virtually anything else. Friendships have a huge impact on your mental health and happiness. Good friends relieve stress, provide comfort and joy, and prevent loneliness and isolation. Developing close friendships can also have a powerful impact on your physical health.

### What are the benefits of friendships?

Good friends are good for your health. Friends can help you celebrate good times and provide support during bad times. Friends prevent loneliness and give you a chance to offer needed companionship, too. Friends can also:

- Increase your sense of belonging and purpose
- Boost your happiness and reduce your stress
- Improve your self-confidence and self-worth
- Help you cope with traumas, such as separation, serious illness, job loss or the death of a loved one
- Encourage you to change or avoid unhealthy lifestyle habits, such as excessive drinking or lack of exercise

### Resources:

*What are the qualities of a good friend?*

*Social media and friendships*

*Managing change in friendships*

*Being a good friend*

### **Making Good Friends**

[Making Good Friends - HelpGuide.org](#)

### **How to make friends**

<https://www.wikihow.com/Make-Friends>

### **10 Qualities of a true friend**

<https://www.theodysseyonline.com/10-qualities-of-true-friend>