

## Friendship

Friendship is an important part of life. Moving toward wellness is easier if you have family and friends to support you. Friendships are vital to good health, as having close social ties can reduce the risk of developing both physical and mental diseases.

### **The Benefits of Friends are:**

- Friends can offer a listening ear or a shoulder to cry on
- Friends can provide support in stressful situations
- Friends can offer different perspectives on how to handle situations
- Friends can be a source of advice and positive reinforcement

If you do not have a close support network of friends, you should try to take an active role in creating one. “It’s easier to meet people if there’s some kind of a structured discussion about a certain subject,” says Muriel James, Ph.D., psychologist and author. Some things you can try:

- Join a hobby group
- Take a class at a local community college
- Join a gym
- Organize a book club at a local library