



WAYS TO MAKE AND KEEP YOUR FRIENDS

There's a clear difference between knowing how to make friends and knowing how to keep and maintain friendships for a long time.

Things come and go in our lives. While that is something we can and should accept sometimes, it doesn't always have to be that way, especially with the best friendships we've built.

FRIENDS

The process of identifying and maintaining healthy friendships is abstract and one of the many unwritten social understandings that can be overwhelming and confusing. Read on for helpful information and tips.



WHICH FRIENDS TO KEEP?

It's useful that you should put aside the myth that you should keep in touch with 100% of the people you meet. That's unrealistic and you shouldn't make that your socializing goal. You can't keep up with thousands of people. You also generally want to keep friends who have similar interests and general opinions on life as you do. The people you share common interests with are likely to be your closest friends in the future.



WHAT DOES THE RESEARCH TELL US?

According to a survey conducted by the Australia bureau of statistics, most common way that Australians make new friends is through shared interests and hobbies. Other ways include through work, study, or volunteering.

Research conducted by the Australian psychological society suggests that strong social connections are linked to better mental health and well being. In particular, individuals who report having close and supportive friendships are more likely to report feeling happy and satisfied with their lives.



Finally, making and keeping friends is in an important aspect of maintaining good mental health and well-being, and there are many resources available in Australia to help individuals build and maintain strong social connections.

WAYS TO KEEP YOUR FRIENDS

Friendships need to be maintained in order for it to stay alive. It's often a FRAGILE relationship. Friendship, being a loose relationship (not like romance or business) needs more conscious nurturing than we assume.

Keep having interactions that sustain the friendship
Keep taking interest in what they do. Share your own interests with them as well. If they pick up a new interest or hobby, get excited and be happy for them.

Keep the interactions frequent

To keep a friend or a group of friends for a long time, you need to see or talk to them at an acceptable frequency. If they're in the city, try and meet them every once in a while, especially if you want to keep them as close friends.

Remember, your friend isn't a stone; They'll change
Part of being a friend is accepting the other as they are. So who are they? They're human beings with a dynamic personality. They can change their opinions, change their habits, or have their moods change.

STRATEGIES ON HOW TO MAKE AND KEEP FRIENDS

- Make the time (even if you're "too busy")
- Regularly commit to something on the calendar.
- Be present.
- Communicate.
- Show up for your friends (especially when it matters most) Accept that friendships evolve and change

