



This issue builds resilience in...

Making Connection

Communication Skills

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Friends make the world go round...

Having good friends makes a huge difference to wellbeing, mood and self-worth. Having a handful of people you can count on, laugh with and socialise with is one of the best preventive medicines for low mood. In a transitory era when friends may be hard to find or mostly exist in the virtual world, it can seem daunting to make new friendships or keep the quality connection in the ones you have. Here are some top tips for making and keeping quality friendships.

How to attract friends...

From the world's number one authority on making friends, Dale Carnegie, these are the top 7 tips for being a friend catcher:

1. *Don't criticise, condemn or complain, (compare or compete)*
2. *Give honest, sincere appreciation.*
3. *Become genuinely interested in other people.*
4. *Remember that a person's name is to that person the most important sound in any language.*
5. *Be a curious listener. Encourage others to talk about themselves.*
6. *Talk in terms of the other person's interest.*
7. *Make the other person feel important - and do so sincerely.*

Knowing when you have a 'real' friend...

Nurturing friendships provides a real safety net, so knowing how to recognise a 'real' friend is important when you're entrusting your vulnerability to someone. Ask yourself these questions: "Do

they want to get to know me and really listen to my story, beyond small talk?" "Do I feel safe and secure with them, trusting them to keep my confidentiality?" "Do they give me their full attention?" "Are they honest and real?" "Do I feel better after spending time with them?" "Can I be myself, warts and all?"

If you can answer "Yes" you're on a winner, so book in regular face-to-face catch-up time with them. Building friendships can take time but they're worth the investment.

- ✓ Friendships are one of the best preventatives for low mood.
- ✓ Practice the top 7 tips to winning friends and make the effort to meet new ones.
- ✓ If you've found a good friend, you'll feel better when you're with them and feel safe to be yourself.

"A friend is someone who knows all about you and still loves you."

Elbert Hubbard