

# Why are Friends so important for our mental wellbeing?

Friends can make us *laugh, cry*, they challenge us and support us.

**For many of us, our friends are just like family!**

Good friendships can have a significant impact *on our wellbeing, relieve stress, provide comfort and combat loneliness*

1

## FRIENDS HELP US DURING DIFFICULT TIMES



Friends aren't really able to solve all our problems...

but

they do lend a shoulder to cry on or a helping hand if you need one.



Life is filled with ups and downs, and what allows us to get through them is **social support.**

Without social support...

we are more likely to experience isolation and loneliness.



Having someone who knows you, understands you and listens to you is what really helps in times of hardship!

2

## FRIENDS IMPROVE THE QUALITY OF OUR LIVES AND OVERALL WELL-BEING



Having close friends allows us to share the beauty of life with those we love!



It also allows us to have:

- meaningful conversations
- laugh out loud
- share successes
- celebrate achievements & simply have fun!



# Why Friends Are Friends

**Christian G. Meyer**



## **Why Friends Are Friends:**

Immerse yourself in heartwarming tales of love and emotion with Crafted by is touching creation, Tender Moments: **Why Friends Are Friends** . This emotionally charged ebook, available for download in a PDF format ( Download in PDF: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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