

STRENGTHENING FRIENDSHIP IN THE AGE OF COVID-19

The pandemic is impacting us all, and the best way to get through it is together. Friends and support are essential for coping with the day-to-day stress of drastic changes in our lives. These seven tips can help you build strong friendships:



1

Be the kind of friend you want others to be to you. You know, treat others the way you want to be treated.

2

Make time for your friends. Set regular times to talk and be available to them in times of need.

3

Stay in touch. Texting can help, but find time for a video chat or go on a socially distanced walk together.

4

Be a good listener. Give your friend undivided attention. Put away your cell phone. Resist the urge to look at your smart watch.

5

Be kind, respectful and genuine.

Ask your friends how they're feeling, what they need and how you can help.

6

Don't judge. Be accepting of how your friend is feeling and let them know it's okay to feel that way.

7

Offer support and encouragement. Let your friends know they're not alone and you are there for them now. If they are not ready to share their feelings, let them know you are not going anywhere and will be there when they are ready to talk.

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