



True Friendships

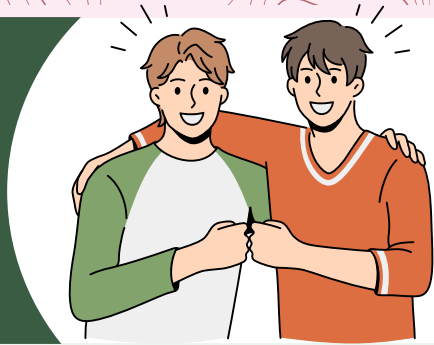


True friendships are relaxed, long-lasting mutual bonds where you and a friends choose to connect, support each other, and keep it real without any pressure or rules.

The Benefits of Friendships

1. Stimulating Company:

- Participating in activities together.
- Engaging in laughter, jokes and teasing.



2. Social Support:

- Emotional support = love and encouragement.
- Instrumental support = service and help.
- Informational support = guidance.



3. Emotional Security:

- Close friends offer an emotional safety net.
- Friends are needed for situations that are surprising, dangerous or unpredictable.



4. Mutual alliance:

- Reliable loyalty is a must.
- Reliable availability.
- Reliable Trust and mutual sharing.



True Friendships lead to Well-being

- Keeping the friendship strong
- Feeling like you matter
- Embracing what makes you unique
- How awesome having a friend is
- Feeling pumped and full of life
- Investing in one another



References

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