



# Fostering Friendships

People have a natural need for friends, and with good reason. Friends increase your enjoyment of life, relieve feelings of loneliness, and even help reduce stress and improve your health.

Strong friendships, based on trust and respect, will survive the test of time. But that doesn't mean you can take them for granted. As we strive to return to our normal, busy routines, it can be easy to forget to show friends appreciation. Here are some ways you can.

## Strengthening Friendships

All it takes is a little effort and creativity to keep relationships alive and fun. Use these ideas to keep your friendships strong:

- Update your personal phone book; it gives you a chance to catch up with old friends.
- Send a card for no reason other than to let a friend know how special he or she is to you.
- Do not wait for the holiday season to shop. Purchase items you know a friend would enjoy, and save them for holiday gift-giving.
- Think of a fun event or trip you and a friend experienced together and call him or her to reminisce.
- Set up an email list, or use a social networking site to message each other, post photos and share announcements and memories.
- It takes time and effort to build and maintain healthy friendships. But it's worth it: Nothing adds more to your life than having the love and support of a truly great friend.

## Here when you need us.

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