

**USEFUL FOR:**

Recognising what a good friend looks and acts like, and learning how to be the best friend you can.

# BEING A GOOD FRIEND



**So what makes a good friend?** Find out the signs and learn how wellbeing can be affected by the relationships you have with those around you.

## Friends = life

Friends help give meaning to our lives, fulfil the need to belong, and provide support during tough times. They're pretty central to happiness and wellbeing. Research has also shown that the better the quality of your relationships, the more likely you are to be happy. When you're happier, you're more likely to attract more and better-quality relationships. Seems like one big cycle!? It is!



## What does a good friend look like? Tips on how to be a good friend

Friends come in all shapes and sizes, but a good friend is usually someone who:



You enjoy keeping company with.



Shows you unwavering support and acceptance.



Is loyal and trustworthy.



Makes you smile and laugh.



Is there to listen when you need it.

To have good friends you must also be a good friend. However, it's common not to know exactly what to do or how to show friends you are there for them.

These top tips are a good place to start:

- › **Listen.** Take the time to listen. Try to understand the situation from your friend's perspective. Ask open questions and make sure your body language is open and relaxed (face them, make eye contact, and nod).
- › **Get physical.** Hugs, smiles or even high-fives are a great way to show you care.
- › **Stay in touch.** Technology (phones, laptops, and tablets etc.) makes it easy to keep in touch with friends – even if they don't live close by.
- › **Tell them how you feel.** Every now and then, remember to tell your friends you care about them or appreciate them.
- › **Be willing to make the tough calls when needed.** If a friend does come to you for help, or you think your friend might be in need of help, be prepared to help them seek the assistance they need.

### To wrap up

- › The higher the quality of your relationships, the more likely you are to be happy.
- › To have good friends, you've gotta be a good friend first.
- › Want to show you care? Take the time to keep in touch with your friends, ask them how they are, listen to them and let them know you care.