



Ascension

# The Importance of Keeping Close Friendships

Friendships have a huge impact on your mental health and happiness. Developing close friendships can also have a powerful impact on your physical health. Friends are even tied to longevity. While developing and maintaining friendships takes time and effort, healthy friendships can:

**Improve your mood.** Spending time with happy and positive friends can elevate your mood and boost your outlook.

**Help you to reach your goals.** Whether you're trying to get fit, give up smoking, or otherwise improve your life, encouragement from a good friend can really boost your willpower and increase your chances of success.

**Reduce your stress and depression.** Having an active social life may reduce stress and help reduce isolation, a major contributing factor to depression.

**Support you through tough times.** Even if it's just having someone to share your problems with, friends can help you cope with serious illness, the loss of a job or loved one, the breakup of a relationship or any other challenges in life.

**Support you as you age.** As you age, retirement, illness and the death of loved ones can often leave you isolated. Knowing there are people you can turn to for company and support can provide purpose and serve as a buffer against depression, disability, hardship and loss.

**Boost your self-worth.** Friendship is a two-way street, and the "give" side of the give-and-take contributes to your own sense of self-worth. Being there for your friends makes you feel needed and adds purpose to your life.

Source: <https://www.helpguide.org/articles/relationships-communication/making-good-friends.htm>