The Benefits of Having Friends For Mental Health

Prevent Feelings of Loneliness

1

If you feel lonely, you can deal with it by venting, joking, or spending time with them. Although distance and other factors can prevent you from physically meeting your best friend, knowing that you have a friend can help reduce feelings of loneliness.

Giving Emotional Support

2

Close friends can support you in many ways, such as being a good listener, helping to distract yourself when you're feeling sad and upset, and doing nice things for you.

Helping to Develop Yourself

3

If you want to make positive changes in your life or break a bad habit, a close friend can help maintain your resolve and remind you to practice healthier habits.

Reduce Your Stress

4

You may experience mood symptoms, such as anxiety, depression, or irritability when you are stressed. The good news is that having close friends can help you deal with stress effectively and lower your risk of experiencing some types of stress.

Increase The Sense of Belonging

5

Everyone likes to know that they are important to others. It can also make a person feel that their life has a purpose. Developing and maintaining close friendships can help foster feelings of belonging.

Boost Immunity

6

It may be partly because good friends surround you if you rarely get sick. According to a study, friendship makes the body more responsive in exceptional circumstances.

Help Overcome Trauma

7

Sometimes, you can experience a traumatic or difficult event that can affect your emotional well-being. However, having solid friendships can more easily deal with whatever happens in life.

Increase Confidence

8

Supportive friends can trigger or increase your self-confidence because a good friend usually supports and advises you positively when you are in a difficult situation.

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