

From Stranger to Friend!

How to Make Friends as an Adult

Social circles may shrink as we grow older, but so do clothes! Just as we continue to fit into newer outfits, we can also learn to find like-minded people with whom we may connect and find comfort.

Perks of Adult Friendships

As we grow up, our experiences evolve, and sharing those with trusted individuals can add value to life. **Exchange of perspectives, opportunities to travel** and explore the world, **building support networks for self** and others, or simply having a coffee mate, are some reasons why friends matter.



Struggling to Make New Friends? Try This.

With the passage of time, we may find it difficult to nurture new and meaningful friendships. However, when we do identify those folks with whom we click, the process feels worthwhile.

Here are some tips to try:

Identify your **strengths and positive attributes** which you would like others to know and recognize.

Think about the **qualities that helped you befriend others** in the past and use that knowledge to connect with new people again.

Don't be afraid to **initiate** meet-ups, even with a new person or an acquaintance.

Say **YES** to invites and **show up!** Ensure that you can attend events despite busy schedules and other responsibilities.

Being **open and honest** can be hard, but remember, it can encourage others to be open as well.

Enroll in **group classes or activities** like yoga, art, or find opportunities to **volunteer** and engage with your community.

Assume that others are **fond** of you. Try to be patient, positive and hopeful.

Feel free to **ask questions** and know more about the new ones you meet.

Be open to **reconnecting** with old, long-lost friends, classmates or colleague.

Engage with your **colleagues and co-workers** outside of the workspace.

Reach out to your **existing network, such as neighbours**, to identify people with whom you resonate.

In the virtual setting, you may **join group activities** like meditation, mindfulness, trivia nights, etc.

Stay in touch with the ones you have met and have somewhat struck a chord.

Feeling ready to put yourself out there again?

It can be overwhelming to interact with new people and anticipate a connection, but remember, they may also be feeling the same way about you and others around them. Don't be afraid to be vulnerable as that might invite others to do the same.

You got this! It's never too late to be a friend to someone and receive the same from others. We are equipped to learn, connect and befriend, sometimes we just need tools and resources to nudge us forward.

