This week’s Nook Activity is here!

Pick up a printed copy of our step-by-step guide on how to make a friendship bracelet outside of the OHP or swipe through our Instagram/Facebook story to learn more!
WHY ARE FRIENDSHIPS IMPORTANT?

Friendship strengthens mental health by:

- Increasing sense of belonging and purpose
- Boosting happiness and reducing stress
- Improving self-worth and self-confidence
- Reducing risk of depression
- Providing support during difficult times

Friendships change and grow. Healthy friendship should be **mutually beneficial and positively contribute to your well-being.**

A healthy friendship should value:

- Honesty
- Respect
- Compromise
- Communication
- Trust
- Understanding
- Individuality
- Self-confidence

References


Newman, K. M. (2020, July 7). Why your friends are more important than you think. Greater Good Science Center. https://greatergood.berkeley.edu/article/item/why_your_friends_are_more_important_than_you_think
WAYS TO SHOW APPRECIATION

1. **Pay attention** to what is happening in your friend's life, their interests, and those close to them.
   - Put your phones away during meals, ask questions, and be an active listener.

2. **Prioritize** time to spend together.
   - If your schedules don't align, try texting or a quick Facetime. Remember: it's about flexibility.

3. **Give a gift of gratitude**. Showing gratitude not only benefits your own wellbeing, but it shows your friend that you took time to make them something.
   - Use the attached supplies to make a friendship bracelet!

**Check out these tutorials:**

- Braided bracelet:
- Chevron bracelet:
- Candy stripe bracelet:

Remember, everyone shows appreciation differently. Share the unique ways you express appreciation with your friends.
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