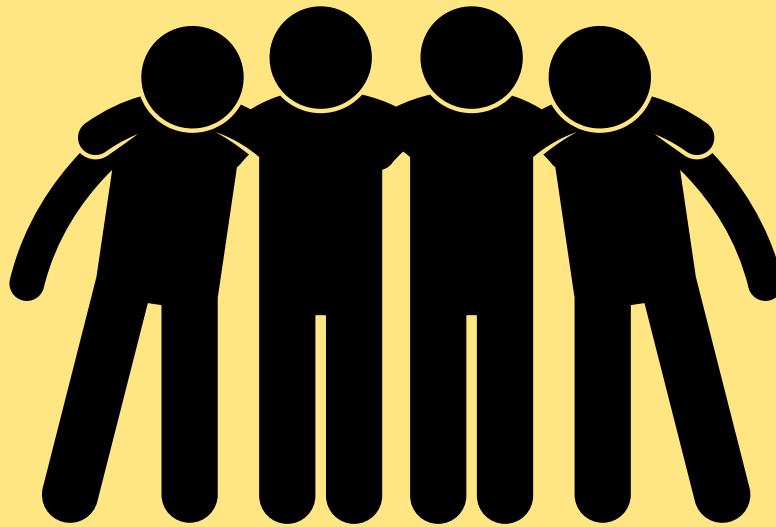


NURTURING YOUR FRIENDSHIPS



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



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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