



How to Make Friends as an Adult



Overview

When we're young, making friends is easy. We can make friends at school or on the playground without much effort. But as we get older, making friends gets a lot harder. Work and family takes over. You may feel like you don't have a lot of chances to make new friends. And not having friends can really take a toll on your health.

You can do it

It's true, as an adult, making new friends (or keeping the ones you have) does take some effort. But it's well worth it. Having friendships helps alleviate stress, anxiety and feelings of loneliness and worthlessness. Friends are there to share the good times. And they help you when times are tough. Try these strategies to make friends.

People you know

First, don't overlook people you already know. These can be people you've met socially, people you've worked with or taken a class with, or maybe even people you were friends with in the past. If you want to be friends, reach out to them.

Meet new people

Second, meeting new people may be a little easier than you think. So get out. Attend events in your community. If you're invited to an event, go. Look for groups in your area that interest you. Consider volunteering. Or take up a new hobby. And if none of these ideas appeal to you, just take a walk. Strike up a conversation with someone you meet.

Conclusion

Having friendships is an important part of good health. With a little effort, you can make lasting friendships that will have a big impact on your life.

