

# Flourish with friends

Having strong social support:

- Helps you cope with stress, grief, and trauma
- Gives you an emotional lift when you need it
- Makes it easier to cope with an illness
- Increases your chances for living longer

Today, call, text, email, or video chat with one or more friends. Let them know how much they mean to you.

Yes 

Be a good listener.

No 

Don't judge.

Focus on dealing with each other's challenges.

Don't just complain about people and things in your life.

