

## IT'S NOT WHAT WE HAVE IN LIFE, BUT WHO WE HAVE IN OUR LIFE THAT MATTERS

Research has shown that the better the quality of your relationships, the more likely you are to be happy.

Being a great friend to someone and having friends who support you is great for your wellbeing.



### A GOOD FRIEND:

- Is there for you, no matter what
- Doesn't judge or put you down
- Is kind & respectful to you
- Is someone whose company you enjoy
- Is trustworthy, respectful willing to tell you the truth
- Laughs with you
- Sticks around when things get tough
- Is there to listen
- Comforts you when you cry
- During challenging times in our life, we turn to the people who we trust the most, either our family or friends
- Friendship is a great source of comfort and can act as a buffer against any potential health or wellbeing issues such as mental illness, bullying, family stressors or life transitions
- Having strong friends is vital to a positive health/wellbeing
- While we go to our family for assistance in some situations, our friends are usually the first people we go to for help