

Yoga for Friendship

Learn to Have Healthy Friendships

Here are ten suggestions you can give your teens for having healthy friendships:

1. Some people are popular only because everyone is afraid of them. That is no way to have friends; that's a dictatorship! **Look around at the people who are friendly, but not super popular—that's where you're likely to find the people who stay out of drama.**
2. **Understand that there can be levels of friends.** You can have a class friend, a tennis friend, and a best friend. They are all important to your well-being!
3. You can't always find friendship in your phone. Look up and outward. **Put your phone away and connect in person.** Start with a friendly smile and work up from there to a kind "hello."
4. Have an acquaintance whom you like? Take a risk and ask them to do something with you. Go to Starbucks, see a movie, do a project. **Even if you are scared, ask.** Taking risks and asking often deepens relationships.
5. **Try a new activity.** If you are an artist, join Art Club! That is where your kind of people are probably hanging out.
6. **Don't be so quick to assume that everyone dislikes you.** What do they know about you? Do you walk through the halls with your head down and a distressed look on your face? You could be inadvertently sending an inaccurate impression visually. Maybe lighten up a bit, walk to class with a friendly face, and take a chance by smiling at someone. See what happens as an experiment.

7. **Look for evidence.** Are you sure that person “hates” you? What are the facts? Feelings are not facts—we need to look for actual evidence to support your feelings. Maybe you’ll find you didn’t have all the facts and misread a situation.
8. **Learn social skills.** Find safe topics that everyone likes to talk about such as food, animals, weather, television shows, and holidays. Ask questions, don’t give one-word answers, and be polite. Learn the art of interviewing – it’s essential to get to know someone!
9. **Be vulnerable.** Tell someone something about yourself. Start with a small detail that you don’t care if people know and grow it from there.
10. **Assume people are good and want to have a friend.** Almost everyone wants to be connected.

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