



Photo by Cliff Booth

How to make friends as an adult

By Andrew Dower

Friendships are incredibly important for emotional health and to live balanced and happy lives. For many of us, we had the most number of friends when we were in school or in our younger years. In close environments, like school, making friends was easier and for some people just came naturally. Now, as adults, making new friends can sometimes be harder and takes more effort.

Below are a few tips on how to make new friends as an adult.

Try a new activity, join a group, or just get out more

By increasing the number of people you meet, you are increasing your chances of meeting someone who could become a new friend. Consider joining into a new group or activity, maybe a fitness group or a social club. If you can, get out of the house more and be more active in your community.

Connect with old friends

Old friends who you haven't connected with in a long time can be great new friends. Think of someone that you used to enjoy being with but haven't seen in a long time. Maybe you can reach out to them by giving them a call, sending them a text message, or messaging them on social media.

Turn acquaintances into friends

An acquaintance is someone you already know, but who is not a close friend. Is there someone that you only see occasionally, but you like them and would like to see them more? Perhaps ask them if they would like to do something with you. Maybe you could both join a new group or activity together.

Be patient

Friendships are a two-way relationship; you cannot make someone be your friend. So, it can take time to find new friends and develop friendships. Don't force someone to be your friend, but be honest by telling them that you want to become friends with them.

