

Friendship Changes Top Tips

OPEN UP TO NEW PEOPLE

Take time to open up to new people and new experiences. Friendship changes can be a great time to get to know new people. Try stepping out of your comfort zone and connecting with new people.

EXERCISE & NUTRITION

Take care of yourself by keeping your body physically and mentally healthy. Try eating healthy foods and exercising each day. We really do feel better when we move our bodies and eat healthy.

WRITE AND CREATE

Take some time to write your feelings down in a journal or express yourself creatively. It's important to acknowledge and process your feelings. Creativity is a great way to let your emotions out.

SHARE YOUR FEELINGS

Reach out and talk to someone you trust about how you feel and what you're going through. Sharing your feelings can help you to feel less lonely during difficult times.

DON'T BLAME YOURSELF

There are so many reasons why friendships change, it's important not to blame yourself.

ALLOW YOURSELF TO FEEL SAD

You may go through a process of grieving the loss of your friend or friendship and that's ok- give yourself some time. Everyone responds to friendship changes differently. It's important to do what feels right for you.