

The Value of Friendship

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Friends

A good friendship gives us a sense of belonging and value. It provides us with ongoing emotional support and offers a space where we can be ourselves.

Relaxing in the trusted coziness of a true friendship can provide us with inspiration and encouragement. Probably the most valuable gift we receive from our friends is their time

secure. Having people in your life you can trust and rely on is an emotional treasure that we need to value and cherish.

Are you going through a busy or difficult phase and feel like you have neglected your friends? Worry not, here are three sure ways to bring these wonderful people back into your life:



because it makes us feel respected and cared for. Surrounding ourselves with real friends helps us grow in confidence and feel supported to take on new challenges.

Recent research suggests that positive friendships reduce stress levels and helps us to relax. In knowing that they have our best interests at heart we feel safe and

Reach out with a quick phone call or email to tell them how much you value them.

Take a break from social media and give them your undivided attention for a few hours.

Try to communicate regularly not just in times of need.

Friends need to feel loved and so do you.

Marie Wellness Clinic

This month the theme is all about friendship. Feeling accepted and respected does wonders for our health and well-being. Real friendship is considered to be one of the greatest influences of happiness in our lives. But the opposite is also true, that a breakdown in friendship can make us feel lost, hurt and deeply unhappy. Disagreements and misunderstandings can easily occur, but the damage can usually be repaired and trust can be restored if the friendship is built on strong foundations.

If you are struggling to resolve an issue in a valuable friendship or feel wary of trusting others and tired of being let down, then it may help to call me for a chat on 0501087592

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