

# Navigating FRIENDSHIPS

Your next adventure---moving to a new place, starting a new job...whatever it may be--can be challenging in its own right because you have lots to learn. One of the other transitions that comes with this new adventure is making new friends. Students often wonder “how am I going to meet people?” and “am I going to find good friends here”. In addition, current friendships can change. We might lose touch with the friends whom we used to talk to everyday while developing new friendships with the people we meet. During this transition, many students may feel confused and a sense of loss. Below are some tips to help with this transition.



## COPING WITH THE CHANGE

✧ It is okay to feel a sense of loss and disappointment when friendships change. During this adventure, you may lose touch with close friends or realize that these relationships are no longer good connections for you. This can often feel disappointing. Think of transforming your time at home, school, or work into a new adventure where you can meet new people and experience your town perhaps in ways that you haven't before while spending time with those that feel supportive and caring.

## DEVELOPING NEW FRIENDSHIPS

✧ **Join groups that share your common interests.** You have likely developed some hobbies or activities that you enjoy or that feel meaningful to you. Whether that is cycling or hiking or being part of a church community, you can translate these same activities in your community. Also consider if there are new hobbies or organizations that you might want to pursue, and try those out. Check out the local meetup.com groups, city websites, Facebook pages, or the local indie paper to find out what's happening in your area. Remember, you might need to try out different groups before you find the one that fits, so don't get discouraged!

✧ **Get to know the people that you work with and people in your neighborhood.** Where you work and where you live are natural places to meet people. Perhaps go to lunch with a coworker to learn more about your workplace. Ask neighbors about things to do in town. Invite them to join you to check out a new place.

✧ **Call your friends and family for support.** Trying to forge new relationships is hard and can leave you feeling lonely and missing your friends and family. So, don't hesitate to talk more to those who already support you to feel connected while you build new connections.