

# HOW TO BE A GOOD MATE

Men can lose touch with their mates as they get older and as they become more focused on managing the daily stresses of life. Make the effort to spend more time with friends. You'll feel more connected and supported, especially when times get tough. Here's how:

01

Send your mate a text message or give them a call.

02

Lock in a time to meet. "Mate, let's catch up soon" ain't good enough. It could also be a recurring catch up.

03

Do something. It could be an activity you both enjoy doing, or something new. Guys often talk more openly when they're doing stuff together, shoulder-to-shoulder.

04

If you or your mate want to talk about something difficult, be there and listen.

05

Share what's happening in your life. It's amazing how much better and closer we feel when we talk about the real stuff.

