

HOW TO BE A GOOD FRIEND

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

01

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

02

Set up a time to meet. "Hey, let's catch up soon" isn't good enough. Make specific plans, and even try to do something regularly.

03

Plan 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 friend want to talk about something serious, be present and listen.

05

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

