

A little help with...

# FRIENDSHIP

Sometimes when we are feeling low or anxious it can be really easy to slowly stop getting out and seeing our friends as much as we used to. For some people, it can be really helpful to try and break that habit by purposefully spending more time with friends and people you get along with.

**For example you could:**

Start a book club  
Watch a film  
Host a games night  
Go to a park



# TOXIC RELATIONSHIPS

Sometimes friendships aren't always healthy for you and it's hard to figure out which friendships are toxic and which are healthy. Some toxic relationships can cause you to feel unsure about yourself; can make you feel pressured to do things you do not want to do; can feel one-sided; and can be bad for your mental health. Therefore it is important to consider the pros and cons in your relationship. Maybe you need space from this person, maybe you can save the friendship or maybe the friendship needs to end all together.

**When a friendship ends here are some things you can do:**

**Take your time** - losing a friend hurts, you can allow yourself to grieve

**Don't blame yourself** - people and friendships can change remember it isn't anyone's fault

**Move on** - when your ready, consider how you can strengthen other relationships or build new ones

