

Maintaining your social network

Interacting with friends, acquaintances and family can promote your well-being. If you do something with your loved ones, talk to them or tell someone that you have been thinking about them, this can have a positive effect on your mood because you gain a sense of belonging. You can also use your social network if you need support.

Here you will find some more ideas on how to maintain your relationships. Choose the tips that are right for you and those close to you.

- Schedule quality-time together. Get a group together that meets at regular intervals to arrange, for example, joint activities.
- Be active. Plan joint day trips/vacations.
- Find common hobbies with your friends.
- Engage with your friends in something that's important to you.
- Be forgiving. For example, forgive your friend if they forget to wish you happy birthday.
- Show the other person that they are important to you by making a note of dates that are important to them (e.g., an important exam, so you can send a “good luck” message beforehand).
- Try to put yourself in their shoes.
- Be honest. For example, say if something annoys or upsets you.
- Be reliable. Stand by what you say.

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- Apologize if you make a mistake. “To err is human”.
- Give them a small gift sometimes, or a little attention (e.g. a nice message, a flower, offer to cook dinner for them).
- Ask more in-depth questions, such as: “Are you really happy?”
- Support each other. For example, motivate each other during exam period.
- Spend less time in front of the screen and more time with people you like (less “screen time”, more “people time”).
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