

# The importance of BUILDING AND NURTURING FRIENDSHIPS

*For Your Mental Wellbeing*



Friendship is a sacred bond that has been central to Native American cultures for generations. In our interconnected world, forming and maintaining meaningful friendships remains crucial for our mental, emotional, and spiritual well-being.

## The Importance of Friendship

In Native traditions, friendships are often seen as extensions of family. They provide:

- Emotional support during challenging times
- Opportunities for shared experiences and growth
- A sense of belonging and community connection

## Forming New Friendships

To cultivate new friendships you can try different ways to meet new people:

- Participate in tribal events and community gatherings
- Engage in cultural activities and workshops
- Volunteer for local causes that align with your values
- Be open to sharing your stories and listening to others



### All Nations Crisis Textline

Text "Support" to 33464 to chat with an All Nations team member.

We are here seven days a week from 8am-12pm.

Sources:  
<https://digitalcommons.usu.edu/cgi/viewcontent.cgi?article=6405&context=etd>

## Nurturing Existing Friendships

To strengthen and maintain friendships:

- Practice active listening and show genuine interest
- Respect boundaries and honor individual differences
- Share in both joys and sorrows, offering support when needed
- Incorporate traditional practices like gift-giving or sharing meals



## Overcoming Challenges

Modern life can present obstacles to maintaining friendships. To overcome these:

- Use technology mindfully to stay connected with distant friends
- Make time for face-to-face interactions when possible
- Address conflicts with honesty and respect, seeking harmony

**Remember that friendships, like all relationships, require effort and care.**

By honoring the traditional values of community and interconnectedness while adapting to contemporary life, we can build and maintain friendships that enrich our lives and strengthen our communities.