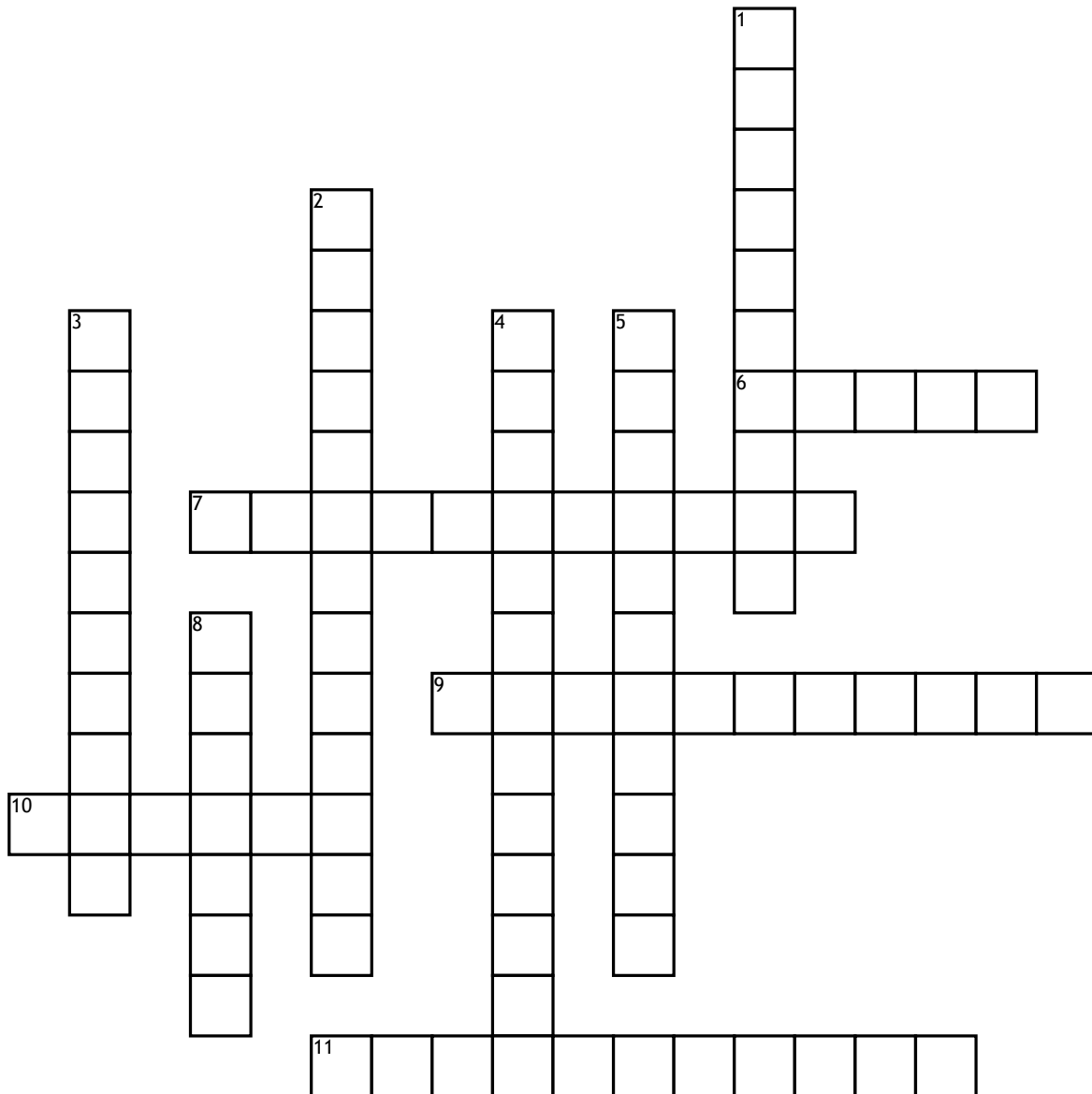


Friendships: Enrich your life and improve your health



Across

- 6. When nurturing a friendship, you need to, “remember, it’s _____ too late to build new friendships of reconnect with old friends.”
- 7. Another important aspect to nurturing a friendship is to, “Manage your nerves with _____.”
- 9. Another great way to make new friends is to, “Extend and accept _____.”
- 10. If we look at how a friend can benefit you, they “play a significant role in your overall _____.”
- 11. When looking to meet new people it is crucial to realize that “_____ also matters. Take the initiative rather than waiting for the invitations to come your way, and keep trying.”

Down

- 1. Social media can affect your friendships by allowing you to “make or maintain connections and relieve _____.”

- 2. Some of the benefits of having friends is that they, “prevent loneliness and give you a chance to offer needed _____.”
- 3. A reason why maintaining friendships can be hard is because they, “may take a back seat to other _____, such as work or caring for children...”
- 4. When reaching out to new people be sure to, “Ask mutual friends or _____ to share the person’s contact information, or - even better - to reintroduce the two of you with a text.”
- 5. A vital part to knowing how to nurture a friendship is knowing that, “Developing and _____ healthy friendships involves give-and-take.”
- 8. When looking at how many friends you have, it is important to realize that “_____ counts more than quantity.”