

Wellbeing Tip of the Week

Overcoming anxiety about friendship



It's natural at times to feel insecure about our friendships and to sometimes worry that we don't have any friends. The thought of making new friends when we start anything new, like a new school, can feel quite scary too. The Covid-19 pandemic didn't help! Being away from our friends for so long made lots of us feel lonely or anxious about how it would be with our friends when we came back.

Here are some tips for overcoming our anxiety:

- **Everyone feels the same anxiety that you do!** We are all worried about saying the wrong thing or looking strange. When you realise everyone's busy worrying about themselves, it takes some of the pressure off.
- **Try not to overthink everything you said or did.** Chances are no one thought anything of it, and these negative thoughts can spiral and make us think things that just aren't true.
- **Don't spend all your time checking what other people are doing on social media and comparing yourself.** The impression people give over social media is a false reality so it's not worth worrying about.
- **Don't change who you are to fit in with others.** True friendships are built on people accepting each other for who they really are.