

THE IMPORTANCE

OF FRIENDSHIP

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Friendship is a fascinating thing. Having the ability to love someone regardless of their mistakes, their past, or their circumstances is beautiful. Not only that but to say your friendships have meaning and have made you grow beyond your limits is truly captivating.

Because of my personal experience, I can safely say that meaningful relationships are helping me heal and become a better person despite the trauma, mental illness, and insecurity I cope with on a daily basis.

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A Personal Account:

With my friends, I have never had to force them to understand how I was feeling. They knew and acted accordingly. They offered powerful advice, words of wisdom, and help through the darkness that I was feeling.

In my first blog post, I briefly talked about the importance of communication. Expanding on that, I'd like to add that friendship made me feel less alone. For a long time, I allowed my depression to reign over me. It would force me into isolation and down a deeper, darker path.

During depressive episodes, I used to feel as if I couldn't breathe. Like there was a constant weight on my chest that always remained present. I remember breaking down to a friend and being transparent- vulnerable.

They reminded me that I was not weak because of what I was going through. They reminded me that people love me, care about me, and want to see me do better. That discussion not only made me feel safe but proved to me that I mattered. Something that I have had a hard time grasping.



Though I was unintentionally isolating myself, my peers forced me out of my comfort zone. Being in their presence reminded me of the joy I used to feel regularly. The happiness that I often lost sight of. The living that I was missing out on.

Additionally, I went to the museum with another friend of mine. During the trip, we got to connect on a deeper level about things that we felt alone on. It proved that everyone is going through something and sometimes releasing bottled-up emotions can ward off their negative impact.

The museum gave me a sense of euphoria, relief, and relaxation that I needed. There was no worry and the world was seemingly lighter– more beautiful than before. Without her, I wouldn't have gotten the opportunity to take a needed break.

When I am reminded of how beautiful life can be, all of my problems seem to fade away. That is thanks to my support system.



My advice:

I know that it is hard at first, but communicating your feelings is a healthy coping mechanism. Finding people that make you feel safe can alleviate feelings of loneliness and prompt warranted conversations about common problems. (Barkley sec.3)

Not only that, it spreads awareness of the effects of mental health– and mental illness – which is needed due to how prominent it is in modern society.

Take a moment to hang out with your friends, take a moment to breathe, and have fun. It can remind you that there is beauty in the present.

