

# be a healthy best friend

Here's a few guidelines that make us better friends.

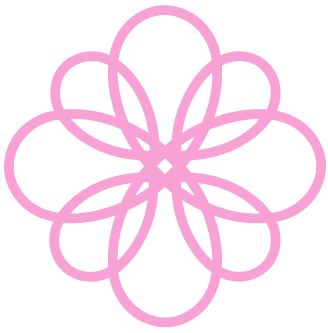


## Don't ask

If you know it is not the right time, don't ask. Trust that your friend will know the right time to talk about their problem, be ready to be supportive.

## Don't share

When your friend shares a life challenge with you, don't share - unless you know her life is in danger. Friends share as they trust our loyalty, honesty and integrity.

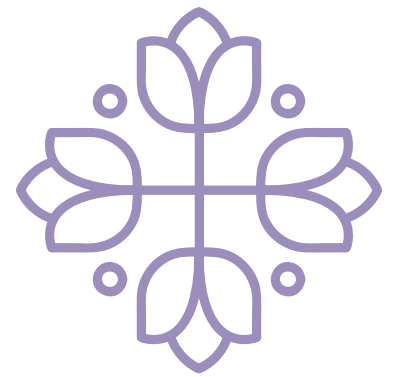


## Don't mine for details

When your friend wants you to know the details, they will share the details. Listen when you need to listen. Sometimes, that is all we as friends need to do ... listen.

## Don't put salt on any wounds

When a friend ask you for advice, you can share an opinion, and leave it at that. We can be helpful and supportive without inflaming a situation.



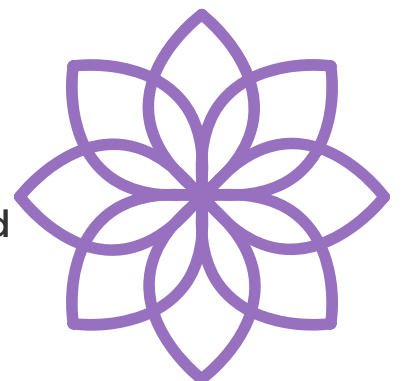
## Don't offer advice unless you are asked



When giving advice, think off how you would feel if the same advice was given to you under the same circumstances. Would it be sound advice. .

## Support your friends feelings

Be present when you are with your friends, put on hold any communications devices, know how your friends are feeling, be supportive of one another.



## offer support

Let your friend know that you are available when needed.