

# the Importance of Socialising



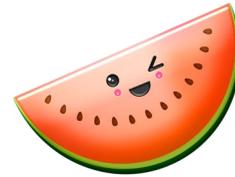
So perhaps you are sitting around the house feeling isolated, lonely, and a little lost...  
Possibly envying those who are having fun adventures out and about...

Well, do you want to know what made it happen? ... Socialising.  
If you don't yet know why socialising is important, it's time you know...

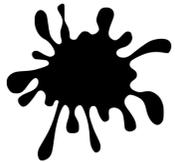
You'll learn to let go of any shyness

The more people you speak to, the better you get at starting a conversation with an almost stranger and the less shy you will feel. Being shy is natural but it is really important to overcome that fear or else you will always be an onlooker watching other people talk while you hesitate on the edge of things. Always being the shy one, and not joining in because of it, will always leave you feeling left-out and with a fear that you are unwanted. You need to conquer your fear... you need to socialise more.

**start today!**



Your presence will likely be awaited  
The more you start socialising the more you being there will matter to others, and the more your absence will be missed. If you choose to socialise with lots of different people there will always be people who invite you places and want you to join them in an adventure.



You'll build a good network of friends

Networking is important. Imagine; you know someone... who knows someone else... who has free tickets to a music festival you really want to go to... how amazing would it be if this happened?

If you have friends from different walks of life, then you are more likely to have a better network of friends, and the more likely amazing adventures are in your future. Of course you will have to go out of your way to help others too... that's what makes you a good friend and increases your network of friends.

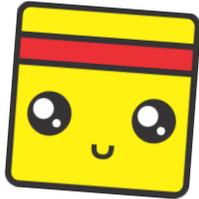
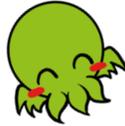




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People know you at parties or gatherings And hence no party or gathering will ever be super boring for you. You won't feel the need to use the excuse of 'I don't know anyone at the party', because you will always know someone and enjoy chatting to them. Or spend time getting to know new people. All your practice socialising will come in handy because you will be able to strike up a conversation with someone and get to know them... they will then become a friend and one of your growing network of friends. The bigger your network of friends the more likely you will have a friend in common.

A falling out with a friend won't be the end of the world Falling out with a friend is a difficult and upsetting time. It's even more challenging when that friend is your *only* friend! Sometimes we need time and space to overcome a disagreement and forgive each other, the best way to do this and be resilient is to hang-out with other friends and not get sucked into a 'drama' about the disagreement. Have fun with other friends and don't discuss the falling out... after giving your other friend some time and space see if you can make peace and be friends again, either way you can still have fun times with your other friends; if you have spent time and energy socialising and making friends with different groups of people.



You are less likely to be lonely

These days feelings of 'being different', 'not fitting in', or 'feeling anxious' are common. All these things can be linked to feeling lonely and unwanted. The more you choose to make an effort and socialise, go out, join a club, meet new people, be friendly to all the 'friends-of-friends' you meet, the more likely you will enjoy going out, having adventures, taking on new challenges, and most importantly making happy, fun, silly memories. This will lead likely lead to you feeling happy, proud, engaged in living life and having fun.

You'll have lots of friends The feeling you get from having good friends is immeasurable... having someone to talk to, to laugh with, to share adventures with, to watch movies with, to help solve problems, to comfort and support you through the difficult times. You'll have more people to laugh with, cry with, and create memories with.



You'll learn more about the world and the different people in it Knowing more people means listening to more stories and exploring different people's thoughts and opinions. It is like seeing the world from multiple pairs of eyes; new and different experiences shared, different styles, different likes and hobbies, different languages and accents, different upbringings, different cultures, so many new and exciting things to learn about and discover... to infinity and beyond!

It's never too late to start socialising... join a new group or club, start up a conversation with a peer, get involved in a new hobby or sports team... **start today!**



Socialising & making friends is important no matter who you are.

