

# Ten Tips For Making Friends, Avoiding Drama, And Coping With Social Stress



## The Teen Girl's Survival Guide: Ten Tips for Making Friends, Avoiding Drama, and Coping with Social Stress (The Instant Help Solutions Series) by Lucie Hemmen

★★★★☆ 4.6 out of 5

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Making friends, avoiding drama, and coping with social stress can be difficult, but it's possible to do it with the right tips. Here are ten tips to help you get started.

### 1. Be yourself

The most important thing you can do is to be yourself. People can tell when you're being fake, and they'll be more likely to want to be friends with you if they know the real you. So don't try to be someone you're not, just be yourself and let your personality shine through.

### 2. Be positive

People are drawn to positive people, so try to be as positive as you can. This doesn't mean you have to be happy all the time, but it does mean that you should try to focus on the good things in your life and avoid dwelling on the negative.

### **3. Be kind**

Kindness is another trait that people find attractive. So try to be kind to everyone you meet, even if you don't know them well. A little bit of kindness can go a long way.

### **4. Be respectful**

Respect is important in any relationship, but it's especially important in friendships. So be respectful of your friends' opinions, even if you don't agree with them. And be respectful of their time and space.

### **5. Be supportive**

Friends are there for each other through thick and thin. So be supportive of your friends when they're going through a tough time. Offer them a listening ear, a shoulder to cry on, or just a little bit of encouragement.

### **6. Avoid drama**

Drama is one of the biggest friendship killers. So avoid it at all costs. Don't gossip about other people, don't get involved in other people's arguments, and don't create drama yourself.

### **7. Cope with social stress**

Social stress is a normal part of life, but it can be difficult to deal with. If you're feeling stressed in social situations, try to take some deep breaths

and relax. You can also try to focus on the positive things about the situation and avoid dwelling on the negative.

## 8. Set boundaries

It's important to set boundaries in any relationship, but it's especially important in friendships. Let your friends know what you're comfortable with and what you're not comfortable with. And be firm about your boundaries.

## 9. Take care of yourself

Taking care of yourself is important for both your physical and mental health. So make sure you're getting enough sleep, eating healthy foods, and exercising regularly. Taking care of yourself will help you to feel better about yourself and to be more confident in social situations.

## 10. Seek professional help

If you're struggling to make friends, avoid drama, or cope with social stress, don't be afraid to seek professional help. A therapist can help you to identify the root of your problems and develop coping mechanisms.

Making friends, avoiding drama, and coping with social stress can be difficult, but it's possible to do it with the right tips. So follow these tips and you'll be on your way to making lifelong friends.



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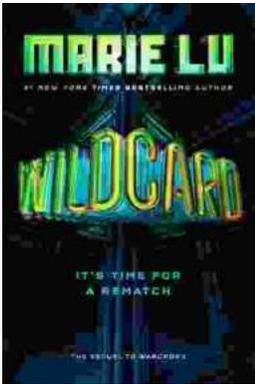
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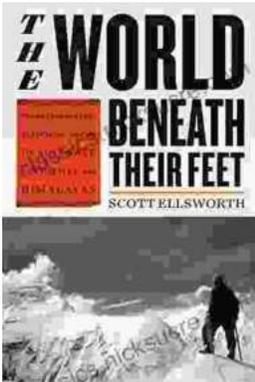
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