



ACTIVITY: My BEST Bud

Purpose

- Examine the qualities of a close relationship and the impact it has on your life.
- Sharing those insights with co-workers to provide insights on what each person values in a close relationships.
- Opportunities for vulnerability with co-workers.

ESTIMATED TIME

15 minutes

MATERIALS

Required:

- A. None

Optional:

- A. Print out of BEST Bud questions

Background

- Close friendships are crucial for our well-being, with scientific studies highlighting their profound impact. Research indicates that strong social connections can reduce the risk of depression and anxiety, improve self-esteem, and even extend lifespan. These friendships provide a sense of belonging, emotional support, and security. They also promote personal development, empathy, and understanding, enhancing our overall quality of life. Investing in close friendships is therefore essential for both mental and physical health and contribute to our overall resilience.



Activity

As we know, close friendships are important to our resilience. Take a moment to reflect on the following questions:

- What is a specific moment or experience that exemplifies why your BEST Bud is so important to you?
- How has your BEST Bud supported you during difficult times, and what impact has that had on you?
- What qualities does your BEST Bud possess that you admire or find most valuable in a friendship?
- How do you think your life would be different if you hadn't met your BEST Bud?

Reflecting on your responses, how do you think your BEST Bud would answer those questions about you?

Discussion Questions/ Key Points

- Ask participants to share insights with one another.
 - Were there any themes found across your BEST Buds?
 - What did support during difficult times from your BEST Bud look like for you?
 - What qualities would you like to reflect from your BEST Bud?
 - What do you think your BEST Bud would say about you?

Let's Try This!

Share your responses with your BEST Bud and ask that person to share their thoughts with you.

Follow-up

Expand this experience to other close friends.

Consider answering these questions for a colleague.

Sources/ More Information

<https://www.apa.org/monitor/2023/06/cover-story-science-friendship>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9902704/>