

Socializing and making friends is almost as important as mental health but you have to do it right... don't try to be someone you're not because you're left feeling horrible... useful conversation starters can be as simple as talking about the weekend... be a good friend and apologize when you do something wrong... ask friends for help when you need support because that's what they're there for... avoid gossip because it's rude and can rope you into something you don't want to be a part of... don't force yourself to socialize if you don't feel like it... don't be rude about not wanting to socialize with others... last but most important don't be rude because it's rude