# Making Friends As An Adult

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BRISBANE, Australia, April 5, 2022 – Introjuicer – It’s inevitable that we all lose friends as life progresses. People move away, kids enter the picture, and life jerks us in one direction or another. Back in the playground, making friends was as easy as running up at recess and joining the nearest game of handball. As adults, things aren’t as simple.

Having healthy social support really is one thing that makes life worth living. Psychology has uncovered a multitude of health benefits that come with a healthy circle of social support and the negative effects that come with isolation. We want friends, we need friends, so how do we make friends when our school and university days are long behind us? A new app that has entered the market is focused squarely on that question.

Introjuicer is a social app whose sole aim is to bring people together. Unlike other social media apps, you don’t need friends to get started. Your follower count can be zero, your images can have zero likes, and it doesn’t make a lick of difference. In a sea of loneliness, Introjuicer has risen to the task of building lasting bonds between strangers. It’s also the app a pandemic riddled world needs.

Tips for Building Friends:

1/ Connect your interests

One key to forming friends later in life is following your passions. What do you love to do, collect or talk about? What are your interests? Chances are there are a multitude of people around you that share the same passions. When we find our common ground, making friends really is much more of an organic process. Besides, it gives you something to start with aside from awkward small talk! There are a few different places to find those people who share the same interests. Meetup is one, Facebook groups are another and if you’re intimidated by large crowds, Introjuicer is great.

2/ Grow your social skills

The next step is to practice your social skills. Get into conversations and talk with people. Have a handful of stories and conversations in the back pocket ready to fill in any lulls in conversation and don’t be afraid to show the real you. This one phrase will help to fill in any conversational gap in case you need it ‘what is your opinion on…’. Generally, people love to be asked their opinion as it makes them feel valued. Now here is a trick many people may know but few people follow. Care for people, really care and you’ll find others are much more likely to reciprocate. Follow up with people after a meeting and reignite old bonds. The world is full of anticipating silence, waiting to be filled with caring conversation.

3/ Boost your self-esteem

Sometimes easier said than done, there are many techniques around to help you feel good about yourself. You can focus on your positives rather than your negatives but one important tip is practising self-acceptance. In today’s society, it’s so easy to get caught up with expectations of perfection. But here’s a secret, no one is perfect, and that’s perfectly fine. Flaws are what make us human, flaws add interest, and flaws add to the beautiful tapestry that is life. Embrace your flaws, own them. They are what make you, you. No one has to be perfect and everyone will come up short if they try.

4/ Be open

You never know what kind of riches await within a new friendship. One true friend could change your entire life for the better, get you through the bad times and share the good. Something to note is that when we meet new people, we rarely reveal our true selves. That usually takes some time. People naturally tend to form judgements about a person within the first few moments. The problem with this is that these judgements make a lot of assumptions. Try to leave the judgements in the back closet and give a person time to grow and be themselves. My best friend of 25 years I disliked immediately when I first met him!

5/ Be proactive

It’s so easy to make a plan and let that plan gather dust in the corner. Follow-through is what counts. Carpe diem - seize the day! Think up some fun things to do and send out those invites. This means not only being open to making the first move but also means not allowing the sun to go down on an argument. Don’t go to bed angry. Starting a relationship is one thing, making it last is another.

6/ Persevere

The last tip is don’t give up. I know it can be discouraging when we feel stuck in the swamp of loneliness. Some people are busy, some won’t respond but take courage in the fact that you’re not alone, not by far. Statistics show just how many of us there are out there who feel lonely and disconnected. Friendships take time and effort to cultivate. We just need to find each other so we can ease that loneliness, together.

Good luck!

Introjuicer is the dating app for friendships, networking, exercise, social support, interest groups, team sports and basically any connection you can think of in life… including dating. We believe no one needs to be lonely in this world because there is a somebody for everybody. Whatever connections you want to make in your life, we have you covered. Meet people easily and safely on the Introjuicer app. With just a few clicks, you can be browsing like-minded people in your area or around the world. What makes Introjuicer special is how the app is proactive in forming and keeping friendships alive. Introjuicer automatically reconnects you with the ones that you really want to stay in touch with, through conversation starters. It also finds you like-minded people and connects you both in interesting ways to get conversations flowing.

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