

Published based on [How to Make Friends as an Adult](#)

How to Make Friends as an Adult

Making friends after high school and college can be a challenge and it can also be a challenge to keep your friendships. Here are nine tips to help you make and keep friendships as an adult.

Studies show it's worth making that extra effort. The benefits of having close friends goes beyond having someone to watch your cat while you're away -- friendships can actually help reduce levels of anxiety and [stress](#), ward off [depression](#) and even help you live longer. Levine says they also "enhance our feelings of connectedness to the world around us and help us be the person we want to become."

[How to Make Friends as an Adult - AOL Health](#)

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