

GET CONNECTED

A RESOURCE LIST

BOOKS

ANXIETY RELIEF FOR TEENS, REGINE GALANTI
FRIENDSHIP IN THE AGE OF LONELINESS, SMILEY POSWOLSKY
DON'T LET YOUR EMOTIONS RUN YOUR LIFE FOR TEENS, SHERI VAN DIJK
PLATONIC, MARISA FRANCO
SOCIAL SKILLS FOR TEENS, VIVIAN FOSTER
THE 5 MINUTE JOURNAL, INTELLIGENT CHANGE



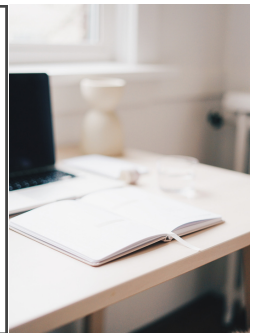
JOIN DR. MIRIAM'S COMMUNITY

ACCESS MORE FREE RESOURCES, INCLUDING ARTICLES AND PODCAST INTERVIEWS, TO HELP YOU MAKE AND KEEP CLOSER FRIENDSHIPS AT [MIRIAMKIRMAYER.COM](https://miriamkirmayer.com) OR CONNECT ON SOCIAL [@MIRIAMKIRMAYER](https://twitter.com/miriamkirmayer).



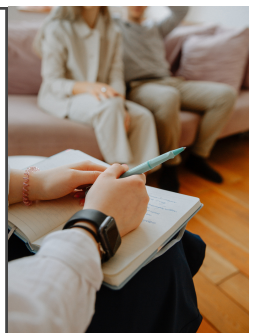
ONLINE RESOURCES

BE THERE
GENWELL PROJECT
PREVNET - CYBERBULLYING
KIDS HELP PHONE
TALK SUICIDE CANADA
ONLY 7 SECONDS



LOCAL SUPPORT SERVICES

AGENCE OMETZ
AMI QUEBEC
OPENSOURCE CLINIC
CONNECTE PSYCHOLOGY
GREYZONE WELLNESS
MINDSPACE CLINIC
RESILIENCE CLINIC



SOME FRIENDLY ADVICE FOR AUTHENTIC FRIENDSHIPS

SHOW UP FOR FRIENDS WHO MAKE YOU FEEL GOOD. Pay attention to how your friendships make you feel before, during, and after spending time together. How can you make an effort to spend time with people who lift you up?

SHOW UP WHEN IT'S HARD. What are some potential consequences of not setting clear boundaries and avoiding difficult conversations with friends? How can this impact the closeness and trust you feel in your friendships?

SHOW UP AS YOURSELF. Choose friends who choose you. But most importantly, choose to be yourself. What are the parts of yourself you would like your friends to see more of?



SHOWING UP ON SOCIAL MEDIA

TAKE CONTROL: UNFOLLOW ACCOUNTS THAT MAKE YOU FEEL UNHAPPY.

ADJUST YOUR MINDSET: SOCIAL MEDIA ≠ REALITY.

MAKE IT SOCIAL: ENGAGE WITH FRIENDS INSTEAD OF PASSIVELY SCROLLING.

PRESERVE IN-PERSON: NO PHUBBING! BALANCE ONLINE & IRL CONVERSATION.

PROTECT YOUR SLEEP: DISCONNECT 1 HOUR BEFORE BED.

✦ ✦ ✦ *Is this conversation important— to me or my friend? Do I want to feel connected or seen? Could this lead to a misunderstanding? If the answer to any of these is YES, pick up the phone or say it in person!*

STAY CONNECTED

MIRIAM@MIRIAMKIRMAYER.COM | MIRIAMKIRMAYER.COM | @MIRIAMKIRMAYER

MIRIAM
DR. KIRMAYER