

VITAMIN 'F'

Why do I have a variety of friends who are all so different in character? How is it possible that I can get along with them all?

I think that each one helps to bring out a “different” part of me.

With one of them I am polite.

With another I joke – with another I can be a bit naughty.

I can sit down and talk about serious matters with one.

With another, I laugh a lot.

I listen to one friend's problems.

Then I listen to another one's advice for me.

My friends are like pieces of a jigsaw puzzle. When completed they form a treasure box. A treasure of friends!

They are friends who understand me better than I understand myself. They are friends who support me through good days and bad.

Doctors tell us that friends are good for our health. Dr. Oz calls them Vitamin F (for Friends) and counts the benefits of friends as essential to our wellbeing.

Research shows that people in strong social circles have less risk of depression and terminal strokes.

If you enjoy Vitamin F constantly you can be up to 30 years younger than your real age.

The warmth of friendship stops stress and even in your most intense moments, it decreases the chance of a cardiac arrest or stroke by 50%.

I'm so happy that I have a stock of Vitamin F!

In summary, we should value our friends and keep in touch with them. We should try to see the funny side of things and laugh together and pray for each other in the tough moments.

Some of my friends are on-line.

I know I am one of their friends because their names appear on my computer screen often and I feel blessed that they care as much for me as I care for them.

Thank you for being one of my Vitamins!