

Bring Fun Back Into Your Friendships—Despite the Covid Pandemic

November 03, 2020

Dear Ask Bonds,

I miss my friends. Social distancing makes it hard—and not that fun—to get together. And it's not even an option to see friends who live far away—no one can travel because of the pandemic. But there's another problem: Everyone is so stressed and overwhelmed these days that we can't find time to talk on the phone. Weeks go by without contact! And when we talk, all we do is share our worries. The lack of connection with the friends I love is really getting me down. What can I do?

—Cut Off in PA

Dear Cut Off,

You're not the only one!

A [new study](#) published in the Journal of Personality and Social Psychology sheds light on why many of us are missing our friends so profoundly right now. It found that people report they're happier hanging out with their friends than with their romantic partners or children. (Sadly of friends, kids and partners, people said they were least happy hanging out with the latter. But let's save that for another column.)

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