Being Friendly Helps

A program to help
libraries, organizations, and communities
be friendlier and help people become friends.

Sandy Hinden

WHY

Being Friendly Helps

People • Families • Communities • World
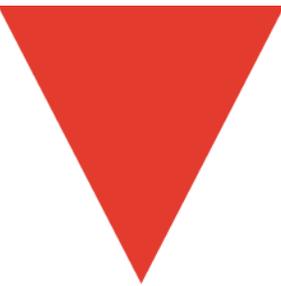
WHY

A cold,
unfriendly, distrustful world leads to
conflict, war, and harm to people and nature.
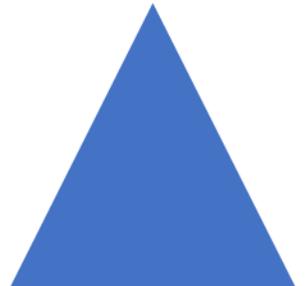
Being Friendly Helps

with

Sandy Hinden

A new study observed rapid changes in personality during the pandemic, with people becoming less open, conscientious, agreeable, and extraverted. Many people missed being social during COVID. In a world of global travel, people are now living next door to each other from different parts of the world. Sometimes people don't understand each other's culture. Sometimes, when people become friendly, they may be taken advantage of by manipulative people. Being friendly, and then being taken advantage of hurts. But to give up being friendly is to create a permanently cold world. Being calm creates a sense of safety. Listening well to others enables them to feel calm enough to share what is going on for them. Caring about the well-being of other people opens the door to communication. Join us to learn more about being friendly in a clear and effective way. Be assertive, be friendly, and enjoy the best of the world and people. We will discuss the advantages of being friendly, how to be friendly, and how to be calm and aware when you are meeting people.

"Sometimes we read or hear too much news that makes us fearful or suspicious of others. We can forget that most of the people that we know, or at least encounter regularly, are decent and friendly."

Adrienne Clarkson
Former Governor General of Canada

Sandy Hinden has worked for peace, nature, and culture, helping people, families, and communities locally, nationally, and globally. His programs help people with personal development, communication, relationship building, and social and global development.

WHAT

Being Friendly Helps (B.F.H.)
is a monthly program to help
libraries, organizations, and communities
be friendlier and help people
become friends.

I present B.F.H.
for one hour followed by
questions and conversations for 30 minutes.

B.F.H. is provided
free to the public worldwide
through B.F.H. Sponsors on Zoom.

Enjoy the Benefits of Friendly Conversation

Speaking heart-to-heart and head-to-head can heighten physical health, emotional well-being, and happiness, cognitive health and intellectual stimulation, creativity, civic participation, and community-building, and healthy relationships and stronger friendships.

Friendly Conversation Can:

- Be an antidote to widespread isolation and perpetual disagreement.
- Help us understand ourselves and others.
- Create rapport between people.
- Broaden knowledge of diverse cultures.
- Strengthen and enliven our thinking.
- Evoke higher qualities of peace, harmony, and happiness.
- Release hormones that reduce stress.

- Enable us to be wiser, by gaining others' knowledge and lessons from experiences.
- Provide us with the opportunity to share our concerns, strengths, and enthusiasms.
- Help us be more creative in addressing our problems.
- Build community in the neighborhood, organization, and the world.
- Help us live enjoyably and well each day.

What Are You Like?

- ❑ **Quiet and not friendly.**

- ❑ **Quiet and not interested in speaking more.**

- ❑ **Quiet and interested in speaking more.**

- ❑ **Talks and is unfriendly.**

- ❑ **Talks a lot but is not really interested in others.**

- ❑ **Communicates, is friendly, and is interested in others.**

What Are The Types of Friends?

1	Strangers	People you don't know, know about or speak to.
2	Friendly Greetings	Short friendly interactions with others. *Hi, how are you?* You can do this with many people, many times a day, in different places.
3	Acquaintances Colleagues Possible Friends	Someone you talk to, or are friends with, because you are in the same place. You don't prearrange to meet each other there. You spend time together, but only in the setting you know them. You talk about shared interests with people you know, but not very well. *How's your project going? Let's have lunch together.*
4	Casual Friends Evolving Friendships	People you interact with on a regular basis, with shared interests. Both make an effort to be friends and plan to get together outside the usual setting. *Do you want to go to the movies?*
5	Close Friends	Friends who work together toward shared goals, values, and ideals, through mutual understanding. *I am really looking forward to getting together again.*
6	Bonded Friends Intimate Friends	Friends who look out for each other and strive to help one another through mutual honesty, vulnerability, and transparency. You share feelings, values, and needs. *Is something bothering you?*
7	Very Close Friends	You share feelings, needs, secrets, hopes, dreams, goals, and aspirations. *I'll see you tomorrow. Let's make time to talk.*

Being Friendly Helps
People • Families • Communities • World

Unfriendly	Friendly
Inhospitable	Welcoming
Closed hearted	Open hearted
Unapproachable	Approachable
Unresponsive	Responsive
Unpleasant	Pleasant
Unkind	Kind
Ill-tempered	Good-humored
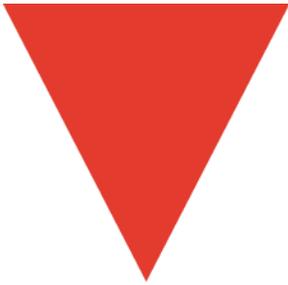
Negative Traits	Positive Traits
Self-centered	Compassionate
Selfish	Healthy Sharing
Arrogant	Modest
Uncaring	Caring
Disinterested	Interested
Unhelpful	Helpful
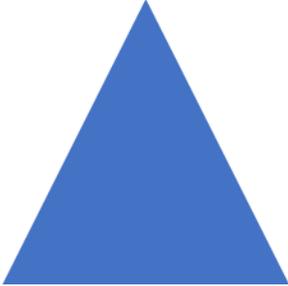
I allow
myself to enjoy
being friendly with
healthy people, places,
travel, food, books,
culture & nature.

Being Friendly & Wise

"Kind people help each other without noticing that they are doing so,
and evil people act against each other on purpose."
Chinese Proverb

	SELFISH	SELF CARE	SELFLESS
POWERFUL	Destructive Manipulative	Professional Constructive Efficacious	Kind, generous Virtuous, altruistic
MODERATELY STRONG	Puts own needs ahead of others, sometimes to their detriment	Responds to own needs while considering the needs of others	May give to others without seeking personal gain
WEAK	Confused and confusing	Stays out of trouble	Good-hearted, and may be taken advantage of

Go Beyond the Political / Culture War

We can go beyond the Political / Culture War by allowing our emotions to calm down and our minds to understand more.
Be mindful, meditate, and detach from the addictive Political / Culture War, one day at a time.

❶ The antidote to perpetual political / culture war is for both sides to be heard with equal respect.

❷ Be calm and sit comfortably with contradictions.

❸ Resist the urge to simplify a debate to fit into a camp. Don't turn complex issues into for-or-against and agree-or-disagree debates.

❹ Explore values, morals, ethics, logic, reason, fairness, and justice.

❺ Listen to the other side and try your best to understand those you disagree with the most.

❻ See people beyond politics. Try to understand the other person's real feelings, concerns and needs

HOW

Being Friendly Helps
Sponsors

1. I present B.F.H. for one hour followed by questions and conversations for 30 minutes.

2. Individuals, Businesses, Organizations, and Civic Clubs can be Sponsors.

3. Your Sponsorship slide will be shown at the beginning and end.

4. You can be a B.F.H. Sponsor for the Month for $200.

5. You can contact me to schedule your B.F.H. Sponsorship.

6. All people are welcome to attend our monthly B.F.H. Zoom program.

7. Thank you for helping to create a friendlier world.

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Sponsor Schedule

Month	Sponsor
July	
August	
September	
October	
November	
December	

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