

flow

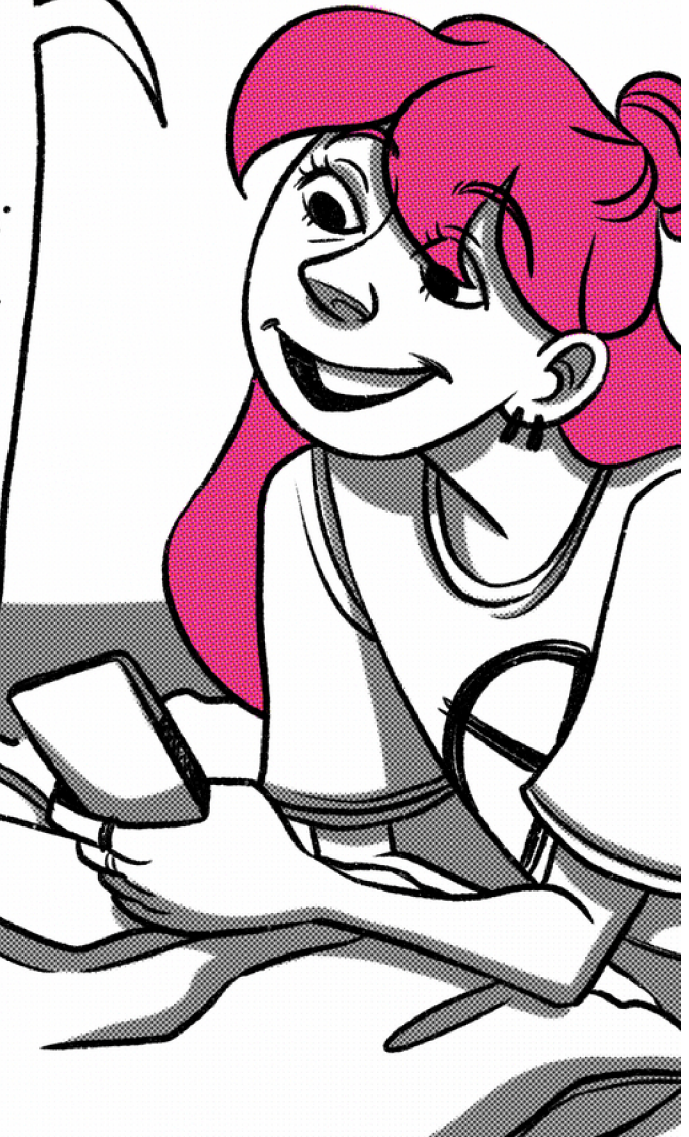


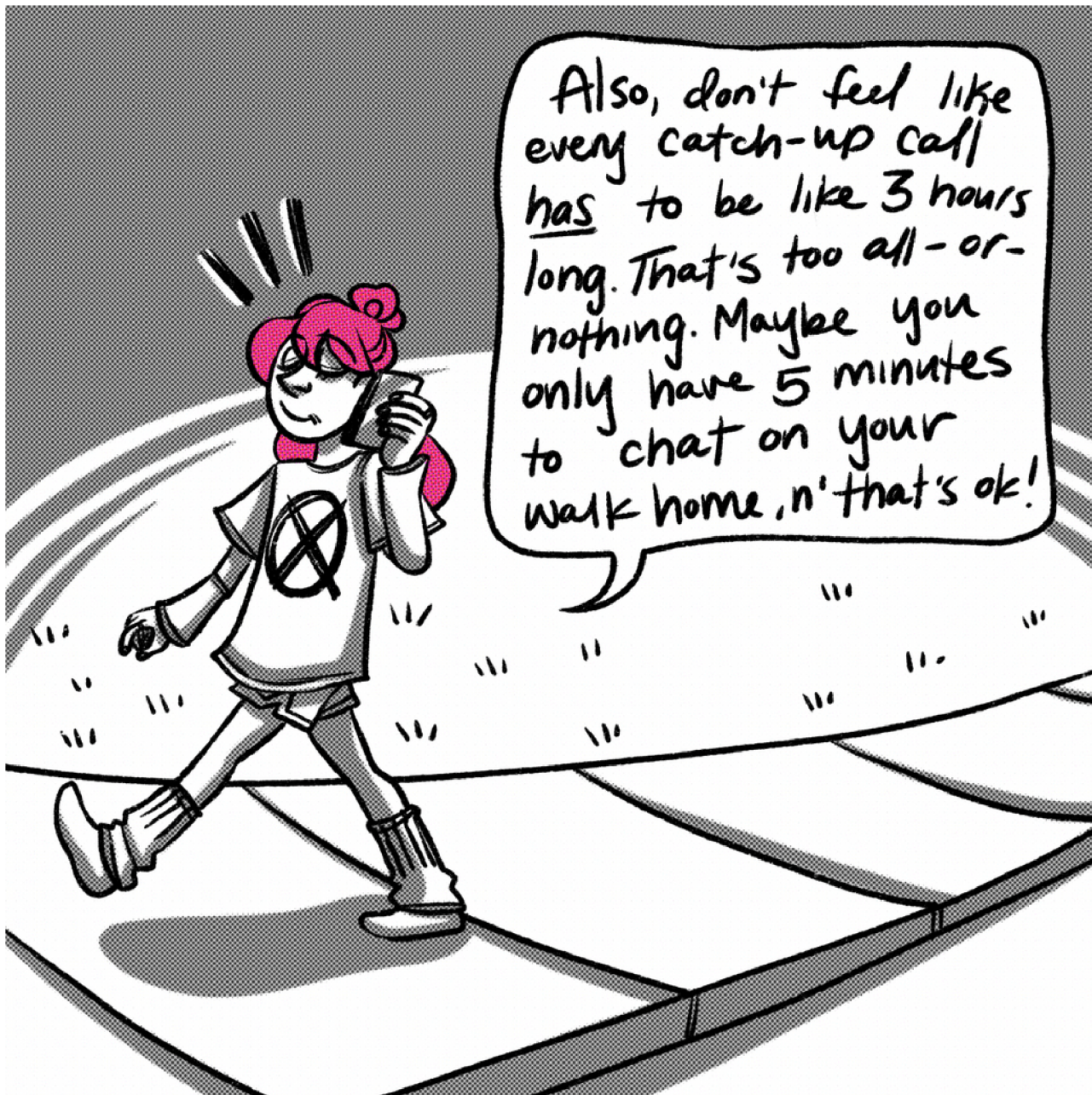
Long distance friendships are so weird and tough to maintain. It's hard to know how to keep in contact.

Don't worry, we have some tips to help here at

FLOW LIFE SKILLZ!

First (and maybe most obviously), we gotta think of the ★wonders★ of modern technology. Use it! Give your friend a call, shoot a text or snap them when you're thinking of them! They're your friend- it won't be weird or awkward! Promise.





Also, don't feel like every catch-up call has to be like 3 hours long. That's too all-or-nothing. Maybe you only have 5 minutes to chat on your walk home, n' that's ok!

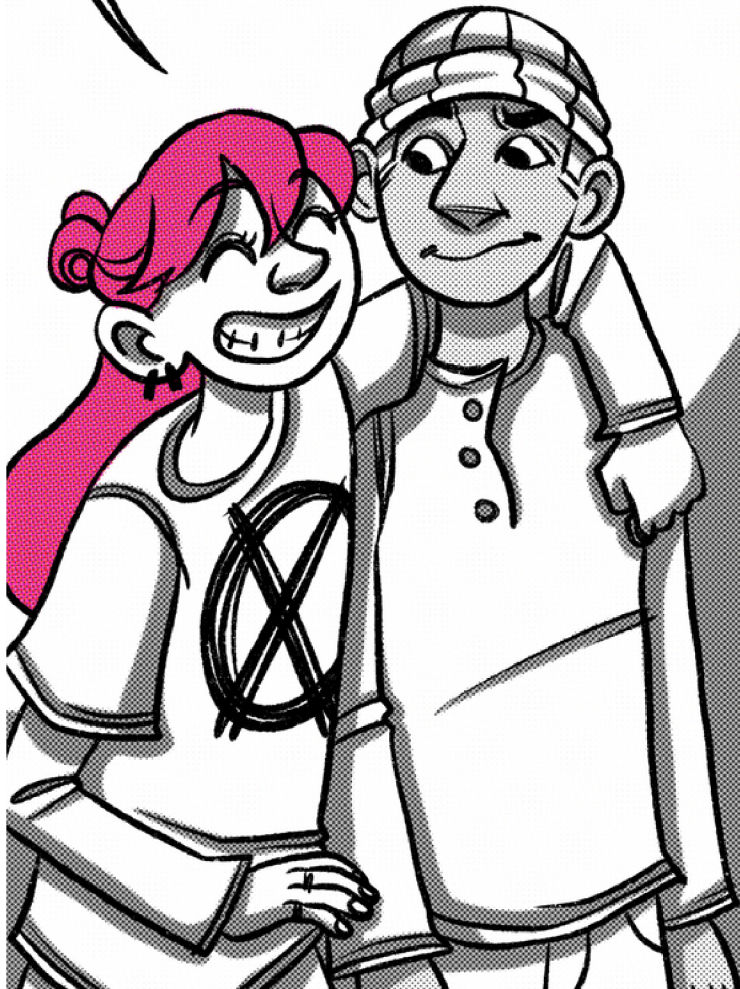
As silly as it seems,
BeReal is an
awesome app to
help keep in
touch with
friends.

(not sponsored,
lol)

It's low
pressure, +
you get a
peek into
your long
distance
friend's lives.



If you're able, try to see each other in person at least once a year!



We live in one of the easiest time periods to have long distance friends in, and the work is worth it, big time.