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How to Make More "Friend-Time" in the Summertime

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One of the most important aspects of a happy and satisfying life is having good friends. Not only do strong friendships give you an outlet to share your feelings, but they are also vital in staving off depression, loneliness, isolation – and keeping you in check when you want to try this season's latest potentially awkward trend. Let's face it, not everyone can rock a

pair of cut-off jean shorts, but only a good friend can tell you not to!

With friendships playing such a powerful role in our lives, it's important to give them the time they deserve. Now that summer is in full swing and you can finally hit the patio at your favorite bar for a happy hour with friends, it seems like it's even easier to connect with your favorite ladies. But does that mean "friend-time" suddenly becomes more important just because it's summertime? Not necessarily, but the summer months are the perfect time to invest in your gal pals. Here's why:

The Days Are Longer, The Work Gets Shorter

A female bonding session can be incredibly therapeutic, especially during the summertime. Between summer's longer days, warmer temps and (hopefully) lighter workload, the season makes it that much easier to find time to connect with your favorite ladies.

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"For most women, summer is the time when they get a breather of sorts," explains April Masini of [AskApril.com](#). "Either the kids are out of school, or if there are no kids involved, summer is when you schedule vacation time at work. All of this allows for more bonding!"

The Heat Brings Out the Warmth in Friends

Something about summer's warm weather has the power to brighten our mood and improve our outlook. The pleasant weather can also help to re-set your mind and provide a fun outdoor setting for you and your favorite friend to bond under the sun's warm rays.

"Those special moments really flourish in the bliss of the sun," says [Kandice Poirier](#), a health and lifestyle coach. "Whether you're laying out by the pool with a fruity cocktail, on a run together, or at an outdoor yoga class, bonding seems easier and stronger in the warmer months."

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You're Never at a Loss for Fun Activities

No matter where you live, those three stellar months between Memorial Day and Labor Day are chock-full of fun things to do. From barbecues and block parties to music festivals and hiking excursions, you have plenty of options when it comes to creating new memories with your friends.

[Dr. Melissa Richman](#), a licensed clinical social worker and doctor of psychology, urges women to take advantage of summer's more playful vibe by heading outdoors to meet up. "The beach, barbecues, working out... connecting is connecting, and can be done anywhere at any time. You just have to be available for it."

While summertime provides the perfect setting for a ladies night out, each of the experts we interviewed said it is vital to care for and nurture your relationships year-round. Especially if you live somewhere with long, cold winters! [Naturopathic Physician Dr. Sharon Stills](#) says,

"Making quality time a priority in the winter can help alleviate Seasonal Affective Disorder and lift the mood during the cold, dark wintery months, as well as create a much needed outlet during stressful periods at work."

A true friendship will weather all seasons, but remember to give it the time and nourishment it needs to grow – whether you are meeting your bestie for a summer barbecue or a winter coffee date.

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