

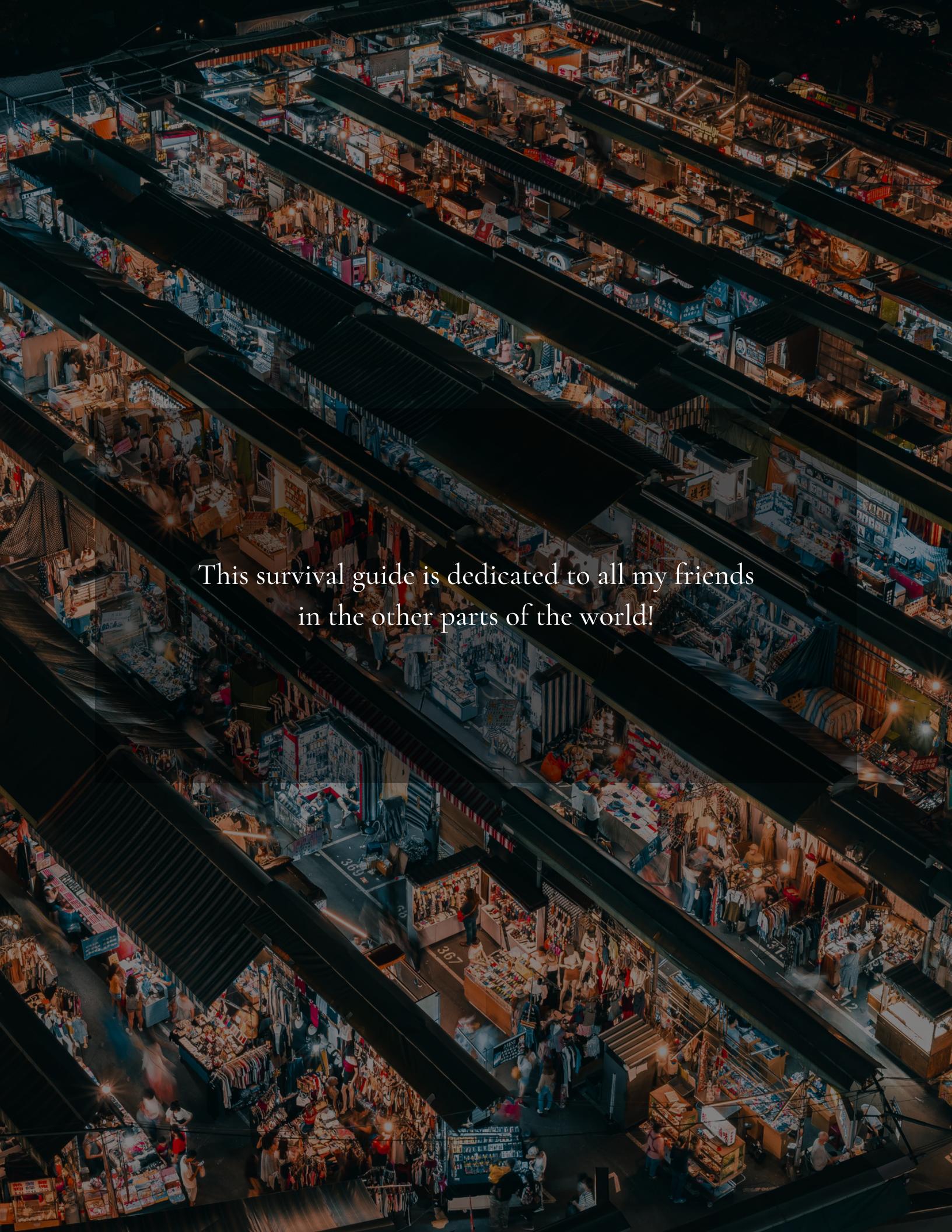


Long Distance Friendship

SURVIVAL KIT

"Surviving the emotional earthquake of distance"

-Paul John Toral-

An aerial photograph of a dense night market, likely in Taiwan, showing multiple levels of stalls packed with goods. The scene is filled with warm, glowing lights from the storefronts, creating a vibrant and chaotic atmosphere. Stalls are filled with various items, including clothing, electronics, and food. People are seen walking between the stalls, some carrying shopping bags. The market is set against a dark sky, making the lights stand out.

This survival guide is dedicated to all my friends
in the other parts of the world!



About

This e-book is a short survival guide on how to survive all the various emotional earthquakes you and your bestie experiences when faced with the enemy of distance! Don't you worry this survival guide has got you covered, from the fundamental first aid and the really hardcore medications that you need to use when things get rough! Good luck!



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CHAPTER ONE : BASIC FIRST AID

Pre-Cautions:

When faced with the problem of a long distance relationship, always remember to never act rashly because with the distance between you and your friend, it will be very hard to get back that friendship if lost. But below are basic first aid tips to help rescue that friendship!

Check Vitals:

In checking vitals we follow the simple A.B.C. Checking the Airway, Breathing, and C.P.R



Airway : Check if you and your friend still are in good terms, you don't always need to talk to each other, but getting updates will do, this will help you guys.



Breathing : Are you and your friend, still communicating as you were before despite the distance?



CPR: After assessing the airway and breathing and you see that you and your friend failed both, it's time to do some CPR! **Communicate Properly and Reconnect!** Make an effort to meet in between and settle differences, make sure you set a time where you both can talk and set guidelines as to what will make you both happy.

R.I.C.E. :

When things are still controllable to mend a shaky friendship use R.I.C.E :



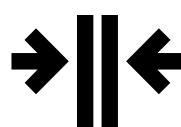
REST

Give things some time and space, don't forget to allow time to settle things because constant stress on it will just push you guys further away from each other.



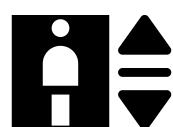
ICE

Apply cold compress on things that are irrelevant, don't make issues out of the very small things and just try to understand that things will be different from now on.



COMPRESS

But just because things are different doesn't mean you won't be friends anymore. So, compress all the good moments you had together and hold on to those memories.



ELEVATION

Always raise things that are bothering you, but make sure you approach it in such a way where you are open to listening and understanding.

CHAPTER TWO

LDR BAND A.I.D.

In this chapter we see the LDR Band A.I.D. that will be very useful to patch things up in a shaky long distance friendship.

Amoxicillin



In this survival kit we include a really good anti-biotic which is amoxicillin. Use this to make sure that all the bacteria and bad vibes that arise will be killed. Powered with constant **Assurance**, you will surely be able to mend your friendship. Make sure to reassure your friend that everything is okay 3 days a week for one whole month, this will ensure that things won't get shaky.

Ibuprofen



Ibuprofen is very good for reducing pain and reducing inflammation! Make sure that you use ibuprofen when things get painful or when you miss your friend. Tell your friend "I miss you" and know that you will see each other again. Take this and do it as often as you need, but remember, too much ibuprofen is bad for you! Learn to also adjust to the new setting and learn to live with the distance.

Diazepam



Diazepam is an anti-anxiety medicine that helps relax the muscles. When you feel like there is tension between you and your friend and you feel anxious, don't be afraid to communicate it. Be **Direct**, and tell them what you are feeling. Sometimes, the biggest of problems can be solved through the simplest of conversation. Acknowledge what you are feeling and address it.



CHAPTER THREE : EXTRA MEASURES

When the previous chapters prove to not work, here are extra measures that we need to consider. This chapter focuses on the various things we need to learn and understand when dealing with long distance friendships.

Mending Cracks

The first extra measure in mending cracks is to truly accept that the current setting is difficult. If you live in different time zones, it will be very hard to communicate. The best way to mend the cracks is to just leave notes here and there about how you appreciate them and that no matter what happens you guys will still be friends, despite the lack of constant communication. We must learn to understand that you don't always have to talk to be friends, and as hard as it is to stop talking to someone you were so attached to, you will have to learn to do so for the betterment of the relationship.

Maturity

We must learn to be mature enough to understand that to have a healthy friendship, you don't always need to talk to each other on a daily basis or hang out with each other every week. Healthy friendships are those that don't need a lot of effort to keep, because you know that regardless of the amount of time you spend with each other, you will always be friends.

Your Responsibilities

You must acknowledge that you have various responsibilities, not just towards your friend but also towards your own life. Just always make sure that your responsibilities as a friend remains. Be there for your friend when they need you and stay genuine in your love for them. Despite the acknowledgement that you both won't talk as often or hangout as often, we must still offer the same amount of energy, love, and respect. This will ensure that when you guys see each other again, things will be just as if time has never even passed.



