Thoughts:

My story makes me realize that even the best of stories can be ruined by a simple typographic error.

format:

Corrections needed: As for the post I made yesterday I saw that I have uses some of the phrases that seemed to be awkward and I have left some thoughts unfinished.

**In this paper:**

* Ensure the text style is appropriate; you must use Times New Roman Font, font size 12 and make sure your space is double.
* Don’t use verbs and where possible make fuller use of the right marks in order to enhance your sentences.

**Prewriting for Illustration Paragraph:**

Outline:

Topic Sentence: Incoming and outgoing friends play a role on the general health, mental support and growth of an individual.

Example 1: Currently, it offered them help with their emotions.

Help 1: Bluntly but effectively, they also say that when things get tough, friends listen.

Support 2: And if they are not as perky as usual, then be the first one to say ‘wish you well and if you aren’t doing well, then just know that we understand. ’

Support 3: This in a way indicates that being present for friends and ensuring that they are always supported can reduce stress and worries.

Self-improvement can be embedded under 2.

Support 1: Our friends urge us to introduce ourselves to the dreams that we have and the objectives.

Support 2: Offer us useful tips on how we can improve and the responses will inform you of what can be improved.

Support 3: Company makes us help alter states in which we perceive or strive to perceive what is around us.

Example 3: As for well-being in general, it is still a rather marginal topic in political philosophy and political theory.

Support 1: All those people we mean friends relations make life very more enjoyable, more happy.

Support 2: It still indicates that having friends can enable one start on the right note of practicing good health, including a balanced diet and exercise.

Support 3: Maintenance of intense social relationships ensures that an individual enjoys enhanced health status in terms of physical and mental health.

The fact that we can have friends who can turn to us and whom in turn will turn to us when they need it makes life wonderful in many ways, which is why friendship is valued in human life.   
  
**First Draft:**

**The importance of friendship**

Friendship is beneficial in every way, from the well-being of the heart to the growth of the body. Friends console when things are going unfavorably and bear ears when things are going unfavorably. They give you a sense of security and calmness that give us a backbone to handle many issues in our lives. It is not simply the friends who are always there to offer assistance, but rather the friends who contribute to one’s character development. It makes us want to pursue our goals and dreams because they enlighten us with useful information to improve. Aside from that friends assist in finding ourselves as well as to learn from what is new and different and become better individuals. It is a common notion that the presence of friends results to a healthy and happy people. It is because friends are valuable assets of life and time spent with them makes your life cheerful and peaceful. If one has friends, it can help him or her develop proper meal plans, daily exercises, and other healthy lifestyles. Moreover, having and maintaining good friends is also associated with better mental or physical health and might even save you from contracting many health complications. Sometimes being friendly is important because it can mean having friends to support you. This paper wants to attest that friendship is an essential component of what it means to be human.

**Edited Draft:**

**The important role of friendship**

It's good for your mental health, physical growth, and overall health to have friends. Friends understand and offer relief when things are going badly and listen when things are going badly. They make you feel safe and less stressed, which makes it easier to deal with life's issues. Friends are not only there for us when we need them, but they also help us grow as people. It makes us want to go after our dreams and goals because they tell us things that help us get better. Besides that, friends help us discover new things, grow as people, and gain new perspectives. A lot of people are healthy and happy because they have friends. Your life is more valuable and happy when you have friends and spend time with them. It can help you start healthy habits like eating well and working out every day if you have friends. Having a strong social network is also linked to better physical and mental health and can protect you from many health problems. Having friends who are there for us makes our lives better in many ways, which is why friendship is such an important part of being human.

**Second Draft:**

**The important role of friendship**

Friendship is a valuable asset that helps an individual to cope with emotional upheavals, foster self development and enhance one’s well-being. During the bad times, friends are there to listen and, at certain stages in life, friends provide support when going through various hardships. By their mere presence and firm words and physical touch, they alleviate stress and anxiety thus make life events easier to handle. For instance if someone has lost a loved one, or has gone through a major life transition, it is a comfort to know that you have a friend to talk to about issues. This is also accompanied with friends congratulating us and at times we share our happiness which makes us happier.

It is evident that our friends not only offer support a friend in need but also help in the process of character building. They motivate to achieve our goals and successes by providing feedback that indicates on possible improvements. It fills the roles of an advocate in that friends may challenge us in a project, provide feedback on a project, or push us to apply for jobs we are afraid to do but that would make us better. Beside, friends give opportunities for the widening of the horizon and the opening of the new ways for having a good time or learning some new splendid hobbies or just discussing something that can help in gaining some knowledge.

MORE OVER, friendship plays a role in every well-being. It was stated that satisfying relationships with friends have positive consequences on happiness and life satisfaction, indicating a meaningful life. The everyday things like eating or going places together help enliven the spirits and also makes the lasting memories. Positive changes that span across friendship can encourage elements of exercise, healthy diets, and much more. This is because friends can help each other besides getting on the exercise regimen advise on proper nutrition or share delicious and healthy recipes.

Furthermore, it can be concluded that the density of social contacts is important for the health and can prevent several mental health issues. Studies have indicated that having friends strengthens one, reduces possibility of getting depression and anxiety and also have faster recovery from illnesses. Therefore, it can be asserted that reception of support from friends signifies that it is indeed beneficial to have friends in one’s life and deems friendship as a significant part of people’s experience.

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