

The Importance of Male Friendships

Side-by-Side: How Men Build Friendships



Men often build friendships by doing things together, like fixing something, playing sports, or walking the dog. This is not just a habit. Science shows that moving together helps the brain release bonding chemicals like dopamine and oxytocin.

These chemicals help men feel connected, even when they do not talk much. In today's world, many men feel lonely. Learning how male friendships work can help men feel better and stay healthier.

What the Research Says

People make friends in different ways. Many women often connect by talking face-to-face. Most men connect by doing things side-by-side. Working towards a shared goal, like finishing a project, playing a game, or fixing something, can build trust and friendship naturally.

Why It's Important

More men are saying they do not have close friends. Experts call this a “loneliness epidemic.” Feeling lonely can lead to serious health problems like depression, heart disease, and other long-term illnesses.

Simple Ways to Build Male Friendships

You do not need to make big changes to your life. Try starting with one or two of the ideas below:

- Move together: Go for a walk, bike ride, or hike; maybe play a casual game of soccer or basketball at a local park.
- Do something hands-on: Work on a small home repair, build something with a friend.
- Game night: Join a free online game or meet up for a board game night.
- Volunteer together: Help out at a local event or food bank.
- Keep it regular: Meeting up once a week, even for something simple, can build trust over time.

Friendships support our health. Reach out to a friend and make it happen today.

Written by Sydney Glac – Health Promotion Coordinator

