

Vitamin F

by Khine Zin Aung

"A real friend is one who walks in when the rest of the world walks out." – Walter Winchell

As we are human beings, we all definitely have friends from far and near. Man is a social animal, and so cannot live alone. Men of similar dispositions are naturally attracted towards each other, begin to trust each other and finally, create friendship. Friendship is a feeling of mutual trust, cooperation, support, love, understanding, and affection between two or more individuals. A friend can be a companion, workmate, class-mate or any person to whom our feelings of affection are attached. There is a mutual exchange of emotions, trust and support among friends.

With the change in fortune, the attitude and behavior of such friends also change. However, a true friend or a real friend always remains faithful and helpful. **He is someone on whom we can place our trust.** His behavior doesn't change with time. **A good friend is considered a true blessing from God. We all feel comfortable in the company of friends and all of us need somebody with whom we can share our emotions. We can spend delightful moments with our friends. It is vital to live life to its maximum.**

Two years ago, one of my friends, Ajarn Dr. Me Me khine, encouraged me to attend a course on “Palliative Care Training for International Volunteers”, organized by Dr. Mano Laohavanich, President of Palliative Care Thailand Foundation. There, we met many friends from different provinces, hospitals, and universities with various career backgrounds. We spent the time learning together new knowledge about palliative care for patients who are terminally ill, doing activities together and having social visits to hospitals together. I had a great time being together with my new friends for two months. In the end, we all had to part when the training was over. Then, a friend of mine sent one article to me.

I love her article and want to share it with you.

Why do I have a variety of friends who are all so different in character?

Some friends are also like family members.

Some I rarely see.

Some are e-friends I have never actually met in person.

How can I get along with them all?

I think that each one helps to bring out a “different” part of me.

- With one of them, I am polite.
- I joke with another friend.
- I sit down and talk about serious matters with one.

- With another, I laugh a lot.
- I may have a drink with one.
- I listen to one friend's problems.
- Then, I listen to another one's advice for me and my problems.

My friends are like pieces of a jigsaw puzzle.

When completed, they form a treasure box.

A treasure of friends.

They are my friends who understand me better than I do myself, who support me through good days; and on bad days, we all pray together and for each other.

Doctors tell us that friends are good for our health.

Dr. Oz calls them 'Vitamins F' (For Friends)

And count the benefits of friends as essential to our well-being.

Research shows that people in strong social circles have less risk of depression and terminal stroke.

If you enjoy Vitamin F constantly, you can feel much younger than your "real " age. The warmth of friendship stops stress and even in your most intense moments, it can decrease the chance of cardiac arrest or stroke by 50 %...

I am so happy that I have a stock of Vitamin F! We should value our friends and keep in touch with them. We should try to see the funny side of things and laugh together, and pray for each other in tough moments.

Always bear in mind what **Socrates** had once said: **“Be slow to fall into friendship, but when thou are in, continue...firm and constant.”**

Therefore, we should choose our friends carefully. We should never make friends in a hurry and once we commit ourselves as a friend of someone’s we should try our best to have all the noble qualities of a true friend.

Thank you for being one of my Vitamins !

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