

6 Keys to Being Well Liked

Everyone wants to be liked. If you are concerned about this, there are several things you can do to improve your like-ability. Remember, it's important to have a strong support system of friends and relatives, because social connections will increase your brain health, improve your mental health and contribute to your overall sense of well-being.

Here are 6 things you can work on to increase your chances of others liking you:

1. Learn to laugh at yourself. One of the best ways to reduce tension or make someone feel more comfortable around you is by making light of a situation with a light-hearted comment about your own weaknesses. This makes you more approachable and less intimidating.
2. Ask questions to show your interest in the other person. This creates a safe, comfortable situation and bridges an emotional connection. When you see this person again, you can ask them specific questions, showing you really care and remember the facts.
3. When necessary, ask for advice or assistance. People always like to feel useful. It gives the helper a sense of pride and fulfillment and the receiver a sense of support and caring. It's a win-win situation for both and helpful in bringing people closer together.
4. Greet people with a big smile and with enthusiasm so they feel you are happy to know them. Maintain eye contact, which shows you are giving them your full attention. Always show your appreciation or gratitude when someone does something nice for you -- and repay the favor by taking the initiative to help them, as well.
5. Respond to people in a timely fashion. If you get an email, reply first chance you get. If you get a voice mail, call them back immediately. People like to know you care enough to be interested in what they have to say, and it keeps you in their good graces.
6. Remember birthdays, anniversaries and other milestones. Your friends and acquaintances will appreciate your thoughtfulness and respond in kind when your special occasion arises.

These gestures, though small and somewhat obvious, are huge when it comes to making and maintaining a strong social network. Never discount the impact a small act of kindness has on an individual and always remember to treat others as you would like to be treated yourself. This will assure you many healthy connections for the future years to come.