

Science Acknowledges Guy Hangouts as the Perfect Stress Buster

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Research suggests that men have the natural tendency to dedicate more time to their career and personal goals as they grow older. Though it is a good sign from the outlook, it does affect the way in which men behave in social circles. Generally males tend to stay away from too much interaction and often show less of an interest carrying the relationship forward from being just acquaintances.

The simple reason behind it is simply the amount of responsibilities that have been surmounted upon the average man's shoulders. And of course there is also the commitment to personal relationships with the special women in one's life.

But does this affect the routine male's lives as a whole in any way? Can a guy actually be just happy with his girlfriend, workplace acquaintances, and social network friends? Well scientists reply with a loud 'No' and here we explore why.

When was the last time you hung out with your best buds?

Men do get to hang out with friends every now and then, probably twice a month at the local Four Peaks Brewery and share a pint. But they are just work place acquaintances whom they have barely known for the past two or three years. But what researchers suggest is to [hang out with your old time pals](#) whom you used to play football with in high school, Little League baseball with, or went to college with.

It is not pleasant or beneficial to forget your past.

Spend some real quality time and banter, crack jokes, bring up old memories and discuss matters on a more personal level. And they suggest that men should get together in groups of minimum four friends twice a week at least. Now this may sound like a tall order, but when you think about it, it isn't actually that hard and in fact could be fun too. Getting away from the family once in a while is actually healthy and wise.

How does that take the quality of your life a notch higher?

Even the mere thought of getting the back together sure brings up a lot of energy doesn't it? Well getting to do it for real, can bring about a whole lot of positive energy to your life as well. Studies show that men who hang out with close friends at least twice a week tend to be more productive at work, more generous, patient, and less stressed out.

You have to have that energy release. It could involve watching the World Series, watching Transformers, coordinating a Monday Night Football get together. Do not feel ashamed about this. Your wife can have her social outlets as well with her friends as well. It is not healthy to hang out with your spouse all the time. Why would want someone clinging to you all the time? Is that sort of pathetic?

A grown adult should have some independence in them, a hobby or two of their own. A mature adult should be able to entertain themselves once in a while. This is stuff you want to think about before you are even married.

What is wrong with staying in the home and cleaning up as well?

Also such casual get-togethers are a marvelous way to let off some steam, forget about depressing thoughts and do the stuff you really love such as drinking beer at the local pub, smoking [hookah](#) as a group on the couch, going to watch a baseball game, or checking out a new restaurant.

But the bottom line is, and a researched scientific fact, hanging out with all-male friends at [least twice a week](#) has positive influences on both social life and personal wellbeing as well. Though it may sound like the perfect [excuse](#) to tell to your girlfriend, now you know you have science to back it up.

How to make the best out of the weekly hangouts?

Now the obvious option would be to head to the local RnR or Kelly's, lay back, catch a game and have a couple of rounds of beer. But that doesn't much room for a conversation now, does it? So why not try the old fashion stuff such as playing pool, or poker, or smoking hookah in a private room, or get outdoors and camp. They let you guys to interact more with each other and ensure truckloads of fun. If not, if you're looking for some action, you can always head the nearest laser tag center, paint ball shoot, an ATV adventure, and the list continues.