



UPLIFTING NEWS

Madison July Bonsai Retreat

6/29/18 - Middleton, WI

by [The MindReset](#) on 7/5/18

June 29th was a Friday night filled with fun and growth. The Madison TMR team gathered with members of the community for a blog piece discussion and dumpling making! Members engaged and formed new friendships and strengthened the groups sense of community.. Attendees learned multiple ways to fold dumplings and had fun experimenting with the gyoza wrappers to make their own unique dumpling shapes.



After satisfying their hunger, attendees gathered together for a group discussion on the different types of relationships and friendships. The discussion was led by TMR Core Team member Elaine Cizma, who read a blog piece she wrote for TMR entitled: 'I Love You, Bro'. Her piece explored the deep emotional male connections and friendships that are sometimes referred to as "bromances". The discussion centered around the reactions and thoughts of attendants, who shared their personal feelings and thoughts on the importance of deep friendships. Some of the main ideas discussed included the notion that "bromances" can be more emotionally fulfilling than a romantic relationship which was found in a study done by Robinson, White, & Anderson (2017), the tendency for males to identify their wives or girlfriends as their primary best friend, and also the "why" and "how" of social structures regarding inter and intra-gender relationships.



One member reflected on the night saying, "I think that bromances can be more emotionally fulfilling because there is less at stake in a friendship or bromance. There are different parameters of the relationship. There is almost a safety net where you maybe don't have to worry about messing up or making mistakes as much."

Overall, the event elicited thoughtful discussion and put forth many good ideas and perspectives. The "I Love you, Bro" blog post will be posted on 7/6/18. Make sure to keep an out out for that article as well as a discussion piece that will be posted on 7/8/18!

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