

Tips for tackling loneliness

A silhouette of a person sitting on a park bench, looking out over a sunset or sunrise. The sky is a mix of purple, blue, and orange. The person is in the center, and the bench is in front of them. The background shows some tall grasses and a bicycle parked on the right.

- Acknowledge that you're feeling lonely.

- Comparing yourself to others can make you feel worse. Focus on yourself and what you can control in your situation.

- Reach out to someone you trust - a friend or family member and let them know how you feel. Connection can be a cure for loneliness. Be brave, pick up the phone or send a text.

- Don't put too much pressure on yourself.

Tips continued...

❑ Join an online community based on your interests or for peer support.

❑ Make the most of the connections you do have. Don't wait for others to contact you, try reaching out to say hi.

❑ Become an expert in being in your own company. Find ways to enjoy your time - reading, drawing, writing or other creative outlets.

❑ Connect with nature. If you can get out on a daily walk, take time to notice any plants or wildlife you encounter.