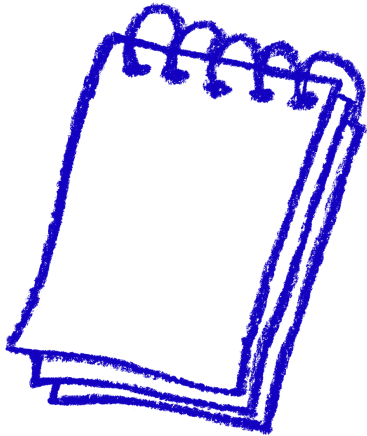


# Tips for loneliness



Loneliness is something that we can all experience from time to time. But for some people these feelings can last a long time, make us feel isolated and impact our mental health.

That's why we have put together these 5 tips to help you manage feelings of loneliness, for if you are finding things hard at the moment.

## 1. Open up about how you're feeling

If you are feeling lonely, it can be difficult to know who to talk to about these feelings. Many people have people around them, but don't feel comfortable opening up to them.

For some people, speaking to friends and family can be helpful. For others, speaking to a therapist, a helpline, or peer support groups can help. Even writing these feelings down can be a useful way to help you feel lighter.

## 2. Be kind to yourself

Feeling lonely can affect both our mental and physical health. Feeling unwell can make it harder to look after ourselves which in turn can make us feel even less well.

Even small steps and changes can make a big difference. Things such as trying to spend a little bit of time outside each day and trying to get enough sleep can help. Eating regular meals and doing some gentle exercise can also have a big impact.

# Tips for loneliness (continued)

## 3. Connect with others

Sometimes not feeling like we have much in common with the people around us can make us feel lonely.

Some good ways to find connect with others are trying a class or group based on your hobbies or interests. There are lots of options both online and face to face. Volunteering can also be a great way to meet like-minded people and connect to your community.

## 4. Take your time

Joining new groups or meeting new people can seem scary, particularly if you haven't done so in a while. Try to take things at your own pace, not putting pressure on yourself, as there's no need to rush.

There are lots of ways to connect in less pressured ways. Online sessions where you don't need to interact, but can enjoy the feeling of community can be a good start.

## 5. Try to compare less

Comparing ourselves to others is natural, but can make us feel more lonely. Many people share their best moments on social media, that we then compare our day-to-day lives to. It can sometimes feel like we are the only person that feels that way.

Try to remember that things like social media do not always reflect how people actually feel. Remember, you are not alone - lots of people will share how you are feeling.