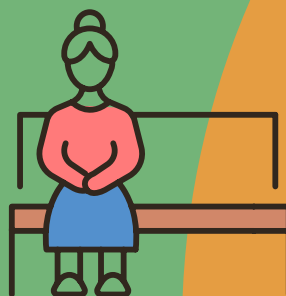


Leaving loneliness behind

We can all feel lonely from time to time and for many different reasons. If it's affecting you, there are things that you can try that might help.

Feelings of loneliness are personal, so your experience of loneliness will be different from anyone else's. If you are starting to feel lonely, see it as a sign that something has to change. Try not to let the feelings build up and talk to someone about how you are feeling straight away.



Find support

NHS support - www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/feeling-lonely

Tips to manage loneliness - www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/tips-to-manage-loneliness

Campaign to end loneliness - www.campaigntoendloneliness.org



How to move away from the feeling of loneliness.

- **Reach out** - to those who help you feel better about YOU. Those friends and colleagues that give you energy, make you giggle and get you trying different things
- **Take it slowly** - when experiencing loneliness it can be tempting to join lots of new social groups, but there is no pressure to rush anything. Finding one caring person to talk to is as powerful as surrounding yourself with a hundred people
- **Try out new activities** - such as volunteering or a befriending service so other people can benefit from you
- **Join a class** - for a hobby or something of interest to you to meet up with like-minded people
- **Spend time outside in nature** - when walking for example, you will pass others - a simple smile and hello can make a connection
- **Smile more** - the more we smile, the more we want to talk with others, the more we talk with others the more confident we feel

