

Leaving loneliness behind

If you're affected by loneliness, here are some things that could help

We can all feel lonely at times and for many different reasons. Feelings of loneliness are personal, so your experience will be different from anyone else's. If you are feeling 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 straightaway.



Useful support links

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 manage feelings of loneliness

Reach out - to those who help you feel better about YOU. Those friends and colleagues who 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. 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 others can benefit from you

Join a class - trying a new hobby or interest can help you to meet people

Spend time outside in nature - when walking for example, you will pass others - a simple smile and hello makes 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

