

LONELINESS

Is the state of being alone and feeling sad about it. Your loneliness might lead you to sit at home alone, or it could inspire you to go out and meet people. You can be alone – and enjoy every minute of it. But from time to time, most of us experience loneliness.

What are the main signs and symptoms of chronic loneliness?

- Inability to connect with others on a deeper, more intimate level
- No close friends
- Overwhelming feeling of isolation regardless of where you are and who's around
- Negative feelings of self-doubt and self-worth

Lonely people can often feel rejected, may emotionally disconnect from others, and may also lack empathy with other people. Some of the direct causes of loneliness can be due to social factors such as

- grief or loss
- growing old alone
- having limited support
- feeling alone in a relationship
- going through a breakup

LONELINESS
is not about feeling alone, it's about losing the connection!

Types of Loneliness

- 1. POST-BREAK UP LONELINESS:** When you go from seeing the same person everyday, to no longer having them in your life at all.
- 2. NEW-SITUATION LONELINESS:** Move to a new city/country? New job? Starting a family?
- 3. LONELINESS IN FRIENDSHIPS:** When trust is missing in your friendships or you are not as close as you used to be.
- 4. LONELINESS CAUSED BY SOCIAL MEDIA:** The illusion of connection can make us feel even more isolated and lonely.
- 5. LACK OF FAMILY SUPPORT LONELINESS:** When the contact you have with your family is just a gathering or a call and no meaningful communication
- 6. LONELINESS IN RELATIONSHIP:** The connection with your partner is lost and you feel alone, even when you are together.
- 7. I-AM-DIFFERENT LONELINESS:** The feeling that you don't fit or that you are too different from others.
- 8. QUIET-PRESENCE LONELINESS:** When you miss having someone to hang out at home.
- 9. WORK LONELINESS:** If you don't have any connections at work, or you are working from home.
- 10. SINGLE-PARENT LONELINESS:** Missing the feeling of shared responsibility.

www.anti-loneliness.com

HELP FOR LONELINESS

You can overcome feelings of loneliness by...



- Reassessing, thinking, and regaining hope
- Practicing self-compassion
- Journalling your thoughts and feelings
- Reaching out to old friends
- Inviting a friend on a walk
- Talking to people
- Consider joining a club, organisations, or online community

You can help others overcome feelings of loneliness by

- First, validate their feelings
- Being mindful of the feelings of others and their situation
- Be inclusive
- Ask outright (are you ok)
- Then, ask a question that helps invite reflection
- Utilize the two A's—affirm and ask—to see how you can help
- Encourage them to reach out when they're feeling down

Useful Resources

www.sportpartner.com

www.nhs.uk

www.redcross.org.uk

www.mind.org.uk

www.ageuk.org.uk

www.campaigntoendloneliness.org

www.supportline.org.uk

www.frindow.com

www.healthline.com

www.thesilverline.org.uk

www.reengage.org.uk

www.widowedandyoung.org.uk

www.cariadilloyd.com/griefcast

www.whatsyourgrief.com

www.samaritans.org

www.themix.org.uk

www.nextdoor.co.uk

Meeting new people

Mental health and loneliness

Advice, strategies, and solutions

Tips for everyday living

Caring for somebody who is lonely

Directory of advice

Support line 24/7

Social connections

Advice and resources

Support for older people

Support for re-engagement

Navigating life after loss

Come together to talk about grief

Grief support

Information and helpline

Help of all kinds for 13/25 year olds

Community social and updates