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WAYS TO

Reduce Loneliness

You may feel lonely for a number of reasons. Losing someone close to you; moving home and being separated from friends and family; divorce; or physical/mental health issues can all leave people feeling isolated and lonely. So what can you do to make things better?

1. Review your life

Take a good look at your life. What works and what doesn't work?

- Are you working too many hours?
- Are you spending too much time indoors?
- Do you make time for family and friends?

What could you change to allow more time to do the things that make you feel good?

Often people feel lonely because they feel they don't have time to meet friends, see family, or do hobbies they enjoy with like-minded people.

2. Make a plan

It's important to have time for building meaningful relationships in your life. Sharing these experiences with others is what makes us feel connected and less lonely.

Getting involved in a group with a shared goal is a great way to feel more connected. Some examples include:

- A book group
 - A voluntary group helping others
 - Doing a course to gain a skill in something you're interested in
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3. Don't compare

Sometimes people lack the confidence to get out there and meet new people. They perhaps feel they're not as interesting as everyone else. Try to avoid this trap. Social media can be a huge factor in how we think about our lives. If social media is affecting your confidence, aim to reduce your time on such platforms and aim to build more traditional relationships instead.

4. Get outside more

Spending more time outside can really help people feel more connected to the world around them. You don't always have to meet up with others to feel less lonely. Sometimes just seeing other people and watching the world go by is enough.

5. Look after yourself

Are you sleeping enough, eating well, and getting exercise each day? These things are important for your mood. The better your mood, the more likely you are to feel able to go out and face the world and the more likely you are to have valuable interactions with others.

6. Talk to someone you can trust

If you have someone you feel you can trust, chat to them about how you're feeling. Just sharing your thoughts can make you feel less lonely.

Some people find that talking therapies are helpful for getting to the root of their loneliness. There can be many reasons why you feel lonely and it can be incredibly helpful to have a safe and supportive space where you can talk about how you feel.

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