

# Loneliness

It is normal to feel lonely sometimes. Humans are very sociable beings, so when we do not see or spend time with people we love and care about – like our family, friends or communities – this can leave us feeling sad and isolated.

Most people, for many different reasons, will experience loneliness in their lives at some point. However, feeling lonely for long periods of time is bad for our physical and mental health. There are lots of ways to beat loneliness though; here are some simple tips to try yourself or share with others.

## 1. Reach Out

Do not be afraid or embarrassed to open up and connect with other people. Sharing how you feel will help you feel less alone. By reaching out, you might also give someone else the chance to share how they feel too.

**Suggested activity:** Pick two or three people you trust and write down the best ways to contact them. Next time you are feeling lonely, contact at least one of these people, even if at first it is just to say “hi”.

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## 2. Use Technology

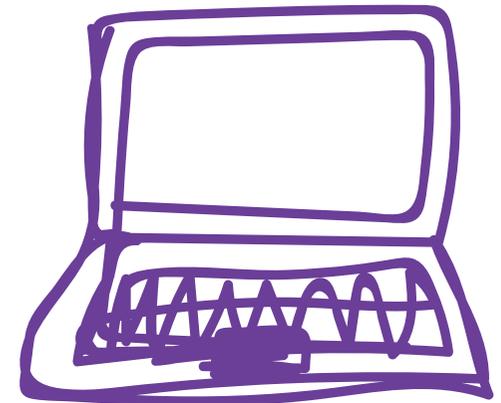
If you have access to a phone, tablet or computer, there are loads of fun ways to connect with other people.

**Suggested activity:** Why not try something new, maybe:

- cooking
- exercising
- joining a book club
- or simply watching Netflix with others?

The BBC has some other good ideas too:

[bbc.in/3e91aUd](http://bbc.in/3e91aUd)



# CYP

Children and Young  
People's Services

Registered Charity Number 1102058 | Registered Company Number 4738057

 mind | Manchester  
for better mental health

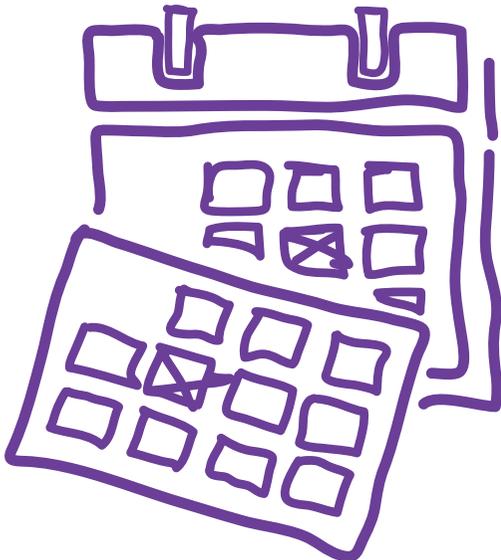
### 3. Be Creative

Use your imagination to find creative ways to keep in touch, whilst keeping to social distancing rules.

- Could you write a letter?
- Film and send a video?
- Or bake biscuits and safely deliver them to a relative, friend or neighbour?

### 4. Schedule your social time

Book in time with other people during your week to chat, play, or chill out – either virtually or with the people in your home. This will give you plans to look forward to and help remind you that you are not alone.



### 5. Take breaks from social media

On social media, we very often only see the highlights of other people's lives, which can make us feel like we are the only ones feeling lonely. Don't compare the unedited worst parts of your day to the edited best bits of other people's lives though. If social media is making you feel lonelier, look after yourself and take a break from it.

**Suggested activity:** Find something relaxing to do instead; here are some ideas if you need inspiration:

[bit.ly/2Xml2gl](http://bit.ly/2Xml2gl)

### 6. Enjoy your own company

Being on your own does not always mean you have to feel lonely.

**Suggested activity:** Take some time to discover activities that you might enjoy doing on your own, for example:

- photography
- drawing or
- reading.

Having fun and relaxing hobbies you can do by yourself, will help you feel more comfortable being in your own company.

### 7. Plan new experiences

Make a 'bucket list' of all the people and places you want to visit once it is safe to do so. Is there anyone you have not seen in a while that you could contact now and plan to meet up with again when you are able to? Or maybe you would like to meet new people?

Volunteering is a great way to do this; take a look at The Prince's Trust website for future volunteering opportunities:

[bit.ly/2Xox5t1](http://bit.ly/2Xox5t1)

You are not alone in feeling lonely. If you would like some more information then check out these websites below:

Young Minds

[bit.ly/2LSKvls](http://bit.ly/2LSKvls)

Childline

[bit.ly/2UJPP5b](http://bit.ly/2UJPP5b)

NHS Mental Health Information

[bit.ly/2Xj9bPT](http://bit.ly/2Xj9bPT)

