



Ways to Beat Loneliness

MAY IS MENTAL HEALTH AWARENESS MONTH



Loneliness can have a profound impact on our health. We've all experienced moments when we've felt lonely. No matter the reason, loneliness can affect people of all ages. But there are things that you can do to help yourself feel less lonely and more connected. Learn the signs of loneliness, how to deal with it, and tips to overcome loneliness.

What is loneliness?

Loneliness is a feeling of sadness—and sometimes depression—that comes from being socially distant or isolated from friends, family, and community. It can be a fleeting emotion, but it can also be long-lasting, even when you're surrounded by people.

What are the signs of loneliness?

- You feel sad, empty, or alone even when you're around other people.
- You have difficulty connecting with others on a deep level.
- You don't have many close friends or family members.
- You avoid social activities or withdraw from others.
- You have trouble sleeping or concentrating.
- You feel stressed or anxious.
- You have lost interest in activities that you used to enjoy.
- You feel tired all the time.
- You have headaches, stomachaches, or other physical problems

How to overcome loneliness:

- Reframe loneliness as an opportunity. Solitude can help us recharge. Often, we view loneliness as the opposite of happiness. It may be hard at first, but loneliness can be viewed as an opportunity to engage with ourselves more meaningfully.
- Get comfortable with the uncomfortable. Growth isn't always fun, and it certainly isn't easy. If we can learn to recognize uncomfortable feelings as they arise, we can reclaim their power. When feelings of loneliness arise, try to accept that their aim is ultimately to take you to a better place.
- Try to make the most of your loneliness. While loneliness can be an opportunity for reflection, it shouldn't be a chore. Use time for solo activities, with time (and patience), alone time can be enjoyable.
- Talk to someone you trust. Talking about your feelings with others can help you feel less alone and more connected. This could be with a friend, family member, therapist, or anyone who makes you feel comfortable.
- If it's possible, make some changes. Make time for things that make you happy and help you feel good about yourself. Don't try to change everything at once.
- Start by setting small goals!
- Be kind to yourself. It's essential to look after your self-care. This means getting enough sleep, eating healthy foods, and exercising regularly. Taking care of your physical and mental health can help you feel better overall and make it easier to cope with loneliness when it arises.
- Don't be afraid to reach out for help. There are many resources to help people who are feeling lonely. If you are needing some support, talk to your doctor, a mental health professional, or call a crisis hotline.

To speak to someone at Easterseals MORC, call 1.800.75.SEALS.

If you or a loved one is experiencing a mental health emergency, call or text 988 or chat at [988lifeline.org](https://www.988lifeline.org).



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