

# Loneliness

## 6 ways to tackle loneliness

### 1. Be kind to yourself

- Loneliness can affect self-esteem, and even make us feel not worth knowing. That's not true - we all deserve friendship and kindness. First, be kind to yourself. Think of one thing you like about yourself.
- Even if you don't feel lonely, friends of yours might, but may be too nervous to say. Try starting conversations in your friendship group where each share what they really like about the others. Save what's said somewhere, so that everyone can remind themselves when they need a boost.

### 2. Breathing with colour

- Sometimes things can feel too much, and we need to clear our minds to de-stress. Try the breathing with colour exercise, or other mindfulness breathing exercises.

### 3. Understanding and making 'meaningful connections'

- Meaningful connection with others is the best way to reduce loneliness. Not just a conversation about the weather, talking and connecting to someone deeply. What do you need from a connection to make it meaningful? Is there anyone you can connect with like this?
- Watch this video exploring how young people connect with friends and family. <https://www.redcross.org.uk/get-help/get-help-with-loneliness/tackling-loneliness-in-young-people/who-helps-me-when-i-feel-lonely> Notice how it helps them cope with loneliness. What are your ways of dealing with feelings of loneliness, in yourself and others?

### 4. Start a conversation about loneliness

- This can be difficult, but our research shows talking about it can help a lot.
- Try starting a conversation with someone you trust about loneliness in general. You don't need to talk about your own experiences straightaway, or at all. Maybe ask each other what loneliness means and how you each would describe it. How do you feel?

### 5. Help others who might be lonely

- Reaching out to people who may be isolated helps you as well as them. Do you have a friend or neighbour who might be lonely? How could you connect with them to find out how they are?
- You cannot 'fix' anyone else's loneliness, but being kind can have a strong effect.

### 6. Develop your ways of coping

- Having a range of techniques and ways of dealing with challenges is important. Everyone has different things that help them cope.
- Watch this video 'Who can you turn to for support?' <https://youtu.be/6mc0S7x91Bs>