

## Loneliness & Isolation

Here are some thoughts on keeping loneliness and isolation in check.

<p>Recognize negative thinking and the stories you are telling yourself like... "I am not likeable; no one wants to spend time with me; everyone else is happy; everyone else has someone they can talk to; I do not fit in anywhere." Refuse to buy into those stories and look for evidence to the contrary. For those willing to see a therapist, Cognitive Behavioral Therapists are especially helpful when trying to combat negative thinking.</p>		
<p>Intentionally place yourself in social settings. If you are not ready to join a group, start by going to public places like the mall or park.</p>	<p>Look for evidence in your environment that you are not, in fact, alone.</p>	<p>Avoid toxic relationships. These relationships can affirm your worst fears about people and increase the likelihood of emotional and social withdrawal.</p>
<p>Step out of your comfort zone - accept an invitation or initiate plans with someone.</p>	<p>Write an email, send a Facebook message, text a family member, send a letter or phone a friend.</p>	<p>Volunteer somewhere where you are likely to have connection with other people.</p>
<p>Join a club where people have similar interest to your own.</p>	<p>Resist the urge to cancel plans or no-show.</p>	<p>Look for similarities in others, rather than differences.</p>
<p>If one group does not work out, try another.</p>	<p>Ask for help.</p>	<p>Make the best of your alone time - do something constructive, cathartic, therapeutic, or good for your health.</p>

Source: WhatsYourGrief.com