LONELINESS



**The Loneliness Feeling.**

Loneliness is a real feeling. We can feel this at any time, even if we are at home with family, at work or at school with friends. Most of us can deal with periods of loneliness. Being alone can help us clear our minds, focus on the task at hand and get things done. However, it can also result in us feeling isolated, not needed, unsupported or upset.

Loneliness is difficult to explain and hard to deal with. We are, by nature, social beings. We may not need to talk to people all the time, but we love to have the option to talk if we need to. Often it is more about having others near to us than it is about talking.

**How can we deal with loneliness?**

1. Addressing loneliness is important

Take time to reach out to those who are near to you. That might be a parent, your guardian, a sibling or a grandparent. Tell them how you are feeling. The likelihood is, they feel the same way. Sometimes just knowing that someone else is in the same boat can really help. What you need in this time is comfort and understanding.

2. Your thoughts are powerful

Our thoughts and thinking patterns can work against us if we continue to blame ourselves for how we feel. Self-defeating feelings often lead to self-defeating thinking, which leads to self-defeating behaviour. Instead of us allowing the negativity to take over, try to think about some happy thoughts. What is your happiest memory? What exciting things are you going to do when Lockdown is over? What can you do right now to make you feel happy?

3. Talk to your friends

Just because you cannot see your friends physically does not mean you can’t engage with them. Our technology is amazing and allows us to connect with other people virtually. Why not video call a friend and so some creative work together or play some games with extended family? Find things out about each other that you didn’t already know. Ask your friends how they are feeling and listen to their responses. This can really help with the loneliness feeling. Talking to others helps to dissolve the feeling of sadness, especially if we allow ourselves to have fun at the same time.

4. In a world where you can be anything, be kind

Being kind to others can be easy, but we are often our own worst enemy. So start by being kind to yourself. Self-care is so important. Do something that makes you feel happy or relaxed, and be kind to your body by giving it the nutrition and exercise it needs. Then think of some things you can do to be kind to others. Make a family member a cup of tea. Comment on a friend’s photo to say they look nice. Help someone with their homework. Be especially kind to people you know are struggling – remember kindness costs nothing.

Remember that it is okay to feel lonely – we all feel this way sometimes. However, do not allow the loneliness feeling to take over your happiness. If you do feel like the loneliness feeling is too much and you don’t know what to do, get in contact with us. We are here to help.