

Feeling Left Out, Lonely, or Rejected

You're not the only one who feels this way.
You belong here. ♥

Real
Feelings
Real People
You're Not
Alone ♥

KINDER
BRAVER
MORE YOU
THIS YEAR ♥

1 What this can feel like

It's real, and it's really hard.

Feeling alone

Like no one really gets you or like you don't have a place.

Feeling sad, empty or anxious

"Why don't I fit in?" "What's wrong with me?"

Feeling invisible

Like you're on the outside looking in, even when you're with other people.

Hurt or embarrassed

It can sting when you're left out, ignored or not invited.

Overthinking

Your mind might replay what happened over and over again.

These feelings are valid. Many teens feel this way at some point. You're not alone. ♥

Your feelings matter here. ♥



2 Why it hits so hard

Your brain and your heart are wired for connection.

Belonging matters

Humans are wired to feel connected. Belonging helps us feel safe, valued and happy. It's a basic human need.

Your brain notices exclusion

Your brain reacts to being left out in a similar way as physical pain. It really hurts — because it matters.

Social pain is real

Rejection can lower self-esteem and increase feelings of anxiety or sadness. It doesn't mean something is wrong with you — it means you care.

It's normal to want to feel like you belong. That doesn't make you too sensitive — it makes you human. ♥

You are more than a moment of feeling left out. Brighter days are ahead. ♥

SAME STRUGGLES

BRIGHTER DAYS

YOU BELONG

KEEP GOING ♥

3 What NOT to do

It's normal to have these urges, but they usually make things harder.

Isolate even more

It can feel safer to pull away, but it often leads to feeling lonelier.

Assume everyone hates you

Your mind might fill in the blanks, but that rarely tells the whole story.

Post impulsively

It can lead to more hurt or misunderstandings later.

Lash out or blame others

It's understandable to feel angry, but it can push people further away.

Pause. Breathe. Be kind to yourself through this. ♥

4 What can help right now

Small steps can make a big difference.

Text one safe person

Reach out to a friend, family member or adult you trust. You don't have to go through this alone.

Sit near one happy face

At school or in a group, sit near someone you feel comfortable with, even if you don't talk much.

Make one small plan

Join a club, attend one event, or invite someone to do something low-pressure (like a walk or grab a snack).

Take a break from social media

Give yourself a break from scrolling. It can make loneliness feel bigger.

Do one regulating activity

Try something that helps you feel calmer — breathe, move your body, listen to music, draw or spend time outside.

Challenge mind reading

Remind yourself: "I don't know what others are thinking. There could be many reasons. This isn't about my worth."

You don't have to fix everything today. Just take one small step. You've got this. ♥

5 Try these scripts

It can be hard to know what to say. Here are some ideas:

"Hey, do you want to sit together?"

"I've been feeling a bit left out lately. Can we hang out sometime?"

"I'm trying to meet new people. Got any ideas?"

"I'm feeling a bit down today, but I'm glad you're here."

6 Quick Tips to Keep in Mind

Little reminders for the tough moments.

You are enough. ♥

This feeling will pass. ☀️

Be gentle with yourself. 🌱

Look for your people (quality over quantity). 👥

You belong just as you are. ★

7 A reminder...

Loneliness is a feeling, not your identity.

You can feel lonely and still be kind, smart, funny, and amazing. This is just one chapter in your story — not the whole book. ♥

8 When to ask for more help

It's okay to reach out. You don't have to do this alone.

- ☑️ If you feel sad or hopeless often
- ☑️ If you're withdrawing from everyone
- ☑️ If it's affecting your sleep, eating or school
- ☑️ If you're having thoughts of hurting yourself
- ☑️ If you just need extra support

Reaching out is a sign of strength, not weakness. ♥