

# Five Ways To Feel Less Alone After Loss

Loneliness doesn't fade just because time moves on... and grief doesn't either. For many of us, they become uninvited companions, showing up in the quiet, the empty chair, and the moments once shared. You are not alone in what you are experiencing. The loneliness makes sense, and how you're feeling about it makes sense too.

**If you only remember one thing from this guide, let it be this: you don't have to do the whole day. You only have to do the next moment.**

## 1) Anchor Rituals (Pick 1 for each hard hour)

- **Morning:** coffee + sit by a window + 3 slow breaths + one gentle intention
- **Evening:** warm shower + cozy clothes + tea/simple dinner + comfort show/podcast
- **Bedtime:** tidy one surface + lotion + calming music + one kind sentence: "I am safe. I can rest."

## 2) One small connection

- Text one safe person: "No rush. Just saying hi."
- 30-second voice note: "I'm just calling to say hey."
- Sit somewhere near people (coffee shop/library) for 20 minutes
- Ask for a check-in: "Could you text me a quick good morning this week?"

## 3) Just for today (match your energy)

- **Low:** make something warm • 10 slow breaths • step outside 3 minutes
- **Medium:** 10-min walk • one simple errand • easy meal • journal: "I feel \_\_\_\_\_. I need\_\_\_\_\_"
- **High:** prep one thing for Future You • declutter one drawer • plan one small outing

Pick one thing. That counts.

## 4) Make your home feel less lonely

- Gentle sound (soft music morning/dinner)
- A daily "signal" (candle/diffuser same time daily)
- Move one chair by a window (your "landing place")
- Meals less hard (eat with a comfort show/podcast)
- Comfort corner (blanket, water, tissues, charger)

## 5) Become your own safe place

Ask:

- What do I need right now? (comfort, rest, food, movement, connection)
- What's one kind thing I can do in the next 10 minutes?
- If my friend felt this way, what would I say to her? (Say it to yourself.)

Then do one comfortable action.