

LONELINESS

What is it?

Loneliness is an emotional that stems from a lack of social connection. In its most common form, we have all experienced it from time to time. We may feel it when we move to a new place or miss an old friend. However, loneliness can also be a stable trait, where we are in a state of solitude of being alone.

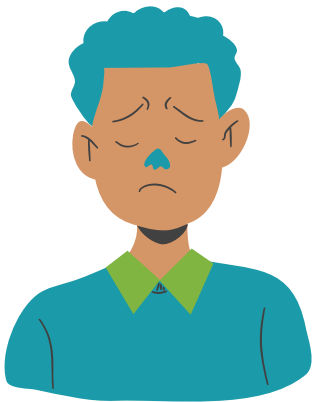


With the pandemic, feeling lonely was normal and you are not alone in feeling that way.¹ Just know that as the world slowly starts to get better, there are things you can do to support your mental health as well.

How to Cope¹

Here are some ways that you can cope with loneliness:

- Start a conversation with someone through text, call, video chat, or even write a letter
- Practice self-compassion and self-care
- Build a routine
- Join online events



How does it affect health?

Loneliness can affect your concentration, how you sleep, your appetite, or even your energy level. If you are feeling socially isolated, you may become depressed or shut yourself off from friends or family and continue to increase your social isolation. It is important to be gentle with yourself, especially during these trying times. If you feel the need, try and seek help from a mental health professional if you feel like your loneliness is becoming overwhelming or feels like it is unmanageable.²

