



## FOCUS: LONELINESS

### MENTAL HEALTH AWARENESS WEEK

The theme of this year's Mental Health Awareness Week is 'loneliness'.

One in four adults feel lonely some or all of the time.

There is no single cause and no one solution.

Below are some strategies to help you cope with loneliness.



### STRATEGIES TO COPE WITH LONELINESS

#### 1. Try to do some enjoyable activities that will keep you busy

Small activities like gardening, going to the gym and doing puzzles can give you energy and positive feelings.

#### 2. Think about doing a physical activity

Physical exercise can help with loneliness. This can be something simple like going for a walk or dancing round your living room. This helps when you are feeling overwhelmed.



#### 3. Make connections

Try to connect with the people you meet as you go about your day. This can be hard when you feel lonely, but just making eye contact and saying 'hi', can make you feel better. By sharing a positive greeting, you might give someone else a positive lift too.

#### 4. Use social media in a positive way

Social media can help your mental health but it can also affect it in a negative way. Use it in a positive way. Finding digital communities you share interests and passions in, can help.

### IF SOMEONE TELLS YOU THEY ARE LONELY

Don't judge

Listen

Show understanding

Welcome newcomers

