

HOW TO COPE WITH LONELINESS

HELP

- Don't be afraid to ask for help. Speak to your doctor

THOUGHTS



- Write down your thoughts and try to challenge any which are unhelpful

SELF CARE



- Take time to look after yourself. Make sure you eating a well balanced diet, staying hydrated, getting enough sleep and exercising

PATIENCE



- Be patient and take your time. Don't rush into doing things

TALK



- Talk to someone about how you are feeling and what is going through your mind

ACTIVITIES



- Take some simple steps to engage in something new. What about joining a class or group? What about a new hobby or volunteering?

CONNECTIONS



- Try to connect with some family or old friends. What about meeting new people?

SUPPORT



- Find support. This can be either online or by phone

DIARY



- Regularly schedule in some fun activities into a diary

BE KIND



- Be kind towards yourself. Practice some self care strategies

GOALS



- Set some really simple and realistic goals that you want to achieve