# 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 hydyrated, getting enough sleep and exercising

#### SUPPORT



Find support. This can be either online or by phone

#### DIARY



Regularly schedule in some fun activities into a diary

#### **BE KIND**



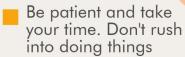
Be kind towards yourself. Practice some self care strategies

#### GOALS



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

## PATIENCE :::





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





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?

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