LONELINESS: FINDING YOUR WAY BACK TO CONNECTION

Practical ways to feel less alone and build meaningful connection

SMALL STEPS. REAL CONNECTION.

You don't have to change your whole life to make a connection.

Loneliness can affect anyone. It can show up even when we're around other people.
The aim isn't to force friendships. It's to create small chances for genuine connection.

NOTICE WHEN YOU FEEL LONELY

Notice when loneliness shows up. Is it after work, on weekends, during a change, or when you feel misunderstood? Naming the moment helps you see what might help.

TAKE THE FIRST STEP

It's easy to wait for someone else to get in touch. Try making the invitation yourself. Suggest a walk or a coffee, and offer a day and time.

MAKE ONE SMALL CONNECTION

Send a message, make a call, say hello to a neighbour or arrange a coffee. Keep the first step simple. It doesn't have to turn into a big conversation.

LET SOMEONE KNOW HOW YOU ARE

Move beyond 'I'm fine' with someone you trust. Share a little about what's been happening. Honest conversations can help relationships become closer.

GO WHERE CONNECTION CAN GROW

Choose a regular activity where you'll see familiar faces: a walking group, class, club, volunteering or local event. Repeated contact gives connection room to develop.

KEEP YOUR OWN LIFE ACTIVE

Keep some structure in your week. Get outside, move your body, follow an interest and do things that matter to you. Connection is important, but so is caring for yourself.

LONELINESS IS NOT A PERSONAL FAILURE

It is a human signal that connection matters. Be patient with yourself; building trust and closeness takes time.

MAKE IT REAL THIS WEEK

Choose one person or place you'd like to reconnect with. Take one small step: send a message, make a call, or show up to a regular activity. Notice how it feels.

A THOUGHT TO TAKE WITH YOU

“Man is by nature a social animal.”

Aristotle, Politics, Book I, 1253a

A LIGHTER THOUGHT

“We must catch up soon” is a lovely plan. Picking a day makes it real.

A little nudge: be the one who suggests a time.