Loneliness can feel intense, and yet it can also shift to feelings of connection and hope through interactions with others or a shift in perspective. Loneliness and being alone do not always go together. Someone may be surrounded by people but feel lonely because of a desire to be better understood by the people who are nearby or the person may be missing someone who is not available. On the other hand, a person may be spending time alone, deeply focused on a project and enjoying the temporary solitude. You may not know exactly who in your life is feeling lonely at the moment, so it’s worth taking some time to check-in with friends, family members, and neighbors.

You could text or call to say hello and to comment on a happy memory that crosses your mind when you think of that person. You could also actively work to reach out to someone with whom you haven’t spoken for a while. You can strive to strengthen your connections with those closest to you by taking time to ask, “How are you doing? What’s on your mind and how have you been feeling?” When you actively listen to their answers, you could truly turn someone’s day around, and it can certainly lead to joy for yourself as well.

If you’re feeling lonely, you may be able to turn your focus to activities that you enjoy doing by yourself while appreciating some time for reflection. You could reach out to friends and family or look to volunteer to help others in some way. The beauty of kindness is that the more you share it, the more it grows inside the giver and the receiver. If you’re feeling lonely, you can be kind to yourself by checking that your self-talk is positive and uplifting. Counseling is also an option to those who would like help in changing negative self-talk to more positive messages and to those who would like to explore how to build more or deeper connections with others.

You Can Reach Out to Someone Feeling Lonely

To receive email updates on current Emotional Wellness Programs, including virtual presentations, send an email saying “Feel Good” to emotional-wellness-no-reply@tricityfamilyservices.org