Managing Loneliness Workshop Notes

This worksheet is a companion to the video workshop and is not intended as a stand alone worksheet. Please consider your own confidentiality when writing, storing and disposing of this sheet.

Types of loneliness
- Interpersonal - not feeling meaningfully connected to people. This is the most common type of loneliness
- Intrapersonal - feeling disconnected to a part of ourselves
- Existential - a sense that although we may be connected, we are ultimately alone in our mortality

Techniques to manage loneliness
- Accept that it is a part of life due to a desire to connect with others
- Sometimes loneliness is a part of letting go of someone who has passed. For a period of time it is a healthy process
- Accept rather than resist loneliness in order to work through it
- Notice if your loneliness is no longer in response to circumstance but rather a habitual pattern
- Use mindfulness to bring curiosity, attention and kindness to developing how you are
- Practice self-care, be kind in your thoughts, take time when you can and be gentle towards yourself
- Join a group or a class e.g. exercise group, creative or artistic group
- Do things that inspire you
- Focus on gratitude. Research on indicates that the grateful states makes us more social and socially engaged
- Volunteer in something you enjoy as a way to connect to others and feel good about yourself
- Find local support groups or online support groups
- Develop your current relationships
- Get connected to a group or work group that are focused on a task as an indirect way to build relationships
- Get involved in team sports
- Address any of your patterns that may cause you to push others away
- Compassion based mindfulness groups are very supportive and help relationships with yourself and others in many ways
- Pay attention to and value small things. Genuinely listen and be curious when you meet others which encourages a deeper connection
- Pet therapy
- Practice good self care - eat and sleep well and looking after yourself