

12 THINGS TO DO WHEN YOU FEEL LONELY

Remote work has many benefits, but it can leave you feeling isolated and lonely, and missing that sense of connection with friends and coworkers. If you're feeling lonely, there are steps you can take to help you feel more grounded and connected.



Reframe it: Celebrate that you can do *anything* in your alone time

Quality alone time is vital for introspection and mindfulness. Dedicating time to yourself can help you feel happier and less stressed.

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Do that thing you want to do

It may be hard to feel positive about your life when you're lonely, but if you go ahead do the things you want to do (without a plus-one), you'll find like-minded people along the way.

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Fill your space with sound

Having sound fill your thoughts and surroundings can help you feel uplifted. Music, podcasts, or outside sounds can boost your mood, and connect you with nature and passersby.

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Call a friend

If you can't see your family or friends in person, a virtual visit or phone call is a great way to feel less lonely and catch up - even if it's only for 10 minutes.

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Spend time out of the house

Whether it's to a coffee shop, a park, or even a grocery store, going out in public can help ease feelings of loneliness - even if you aren't socializing with others. It's vital for us to feel like we're part of humanity.

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Use positive self talk

Feelings of loneliness can also bring low self esteem, but it's important not to blame yourself. Try making a list of some of your favorite qualities and give yourself daily reminders. Remember, you're not alone.

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Talk about what you've been feeling

Expressing your feelings can ease inner turmoil. When we keep things inside, they build up. If you don't feel comfortable talking to someone in your life, journaling can also help release distress, and help you reflect.

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Get creative

Outlets like music, dance, art, and writing can cultivate feelings of fulfillment and content, which can help counteract feelings of loneliness.

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Take care of yourself

Even if they're small, do things that feel good and help de-stress you. This could be anything from ordering a nice meal to folding your laundry: It may sound basic, but sometimes little things go a long way.

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Spend time with animals

Being around animals can give you a sense of comfort and companionship and reduce feelings of isolation. If you don't have a pet, consider volunteering at shelters; volunteering has been shown to aid loneliness, too.

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Take a break from social media

Social media has been shown to worsen feelings of loneliness by showing you everyone else's highlights, leading you to compare your life to theirs. Try opting for real life conversations instead.

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Reach out for help

If you're feeling unhappy and hopeless, you might need extra support to get through this period. You can call the **988 Suicide & Crisis Lifeline** or text the Crisis Text Line 24/7 for free support. They'll listen to anything you'd like to share and get you the help you need.

12

Call 988 or 800-273-TALK (800-273-8255) for the 988 Suicide and Crisis Hotline

Text HOME to 741741 for the Crisis Text Line