

# Coping with Loneliness

No matter how many friends you have or how full your life may seem, there may be times when you feel isolated or misunderstood. If you are struggling with loneliness, try these tips:

- ▶ **Reach out.** Tell family or friends about how you are feeling and see if you can schedule some time together. Focus on simple activities, such as sharing a meal, taking a walk, or watching TV or playing games together.
- ▶ **Get out of your comfort zone.** Loneliness may be a sign that you're "stuck in a rut." Venturing out and trying new activities may help you meet new people or find friends with common interests.
- ▶ **Rediscover yourself.** If you are feeling lonely because of a change in a relationship or living situation, this may be a good opportunity to focus on you. Take advantage of your free time by revisiting a hobby, pursuing favorite activities, or de-cluttering your personal space.
- ▶ **Engage in a meditative pursuit.** Try activities that decrease stress and improve mental wellness, such as yoga or mindful meditation. Writing in a journal may help you work through your emotions and gain perspective on your feelings.
- ▶ **Volunteer.** Giving back to your community offers opportunities for social connection and spiritual



fulfillment. It's also an opportunity to assist in a cause you believe in or make a difference in someone else's life.

- ▶ **Maintain your physical health.** Eat healthy foods, exercise at least 30 minutes 4-5 times a week, and get 7-9 hours of sleep a night.
- ▶ **Be patient.** Loneliness is sometimes a byproduct of the work we need to do to heal from difficult experiences or grow as a person. Look at these patches in your life as an opportunity to build resilience and become more self-aware.
- ▶ **Seek help.** If you are experiencing persistent feelings of loneliness or isolation, it could be a sign of depression. Talk to your physician or contact LifeMatters. Help is available 24/7/365.

Call **LifeMatters®** by Empathia toll-free anytime. **1-800-367-7474**

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Language assistance services in your preferred spoken and written languages are available at no cost by calling 1-800-367-7474.  
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