

Loneliness

Finding our connections to feel less lonely

Assembly

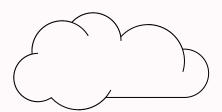
Introduction





This assembly will cover:

- What loneliness is.
- How loneliness can affect our mental health.
- How we can build connections to feel less lonely.







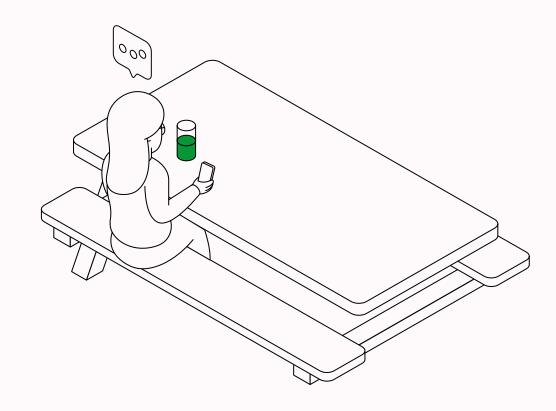
What do we mean by loneliness?





Loneliness is often described as when we feel we do not have the meaningful relationships we want around us.

Feelings of loneliness can come and go depending on our circumstances and the experiences we face.



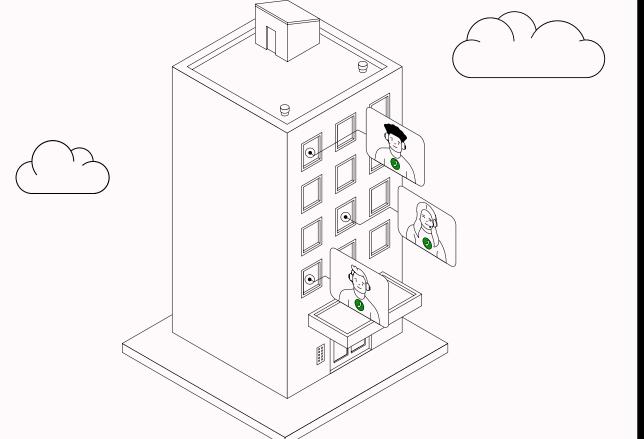
The inequalities in experiencing loneliness





We are not all equally at risk of experiencing loneliness.

The circumstances and experiences some people face mean they are more likely to experience loneliness.



The difference between feeling lonely and being alone





Social isolation:

The physical separation from the people, and things, that bring you comfort and support.

A person who is socially isolated is not necessarily lonely.





What is mental health?





Moods

Thoughts

Mental health is made up of our thoughts, feelings, moods, and behaviours.



Behaviours

Feelings

SLIDE 6

Loneliness and mental health





Although loneliness is not a mental health problem, it is an experience that can affect our mental health.



Loneliness and mental health



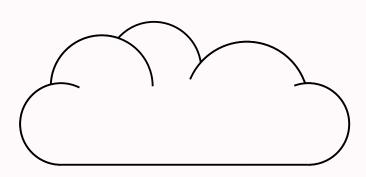


To support our mental health, especially when feeling lonely, we can find meaningful connections with:



- Ourselves
- Others
- The world around us





Connecting with ourselves





When experiencing emotional loneliness, finding ways to connect with ourselves can be helpful.



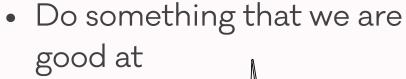


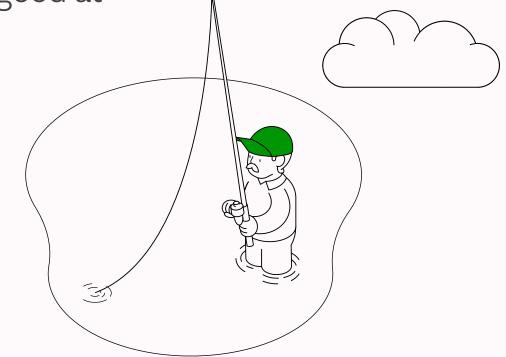
Connecting with ourselves





- Practise mindfulness
- Listen to music
- Write in a journal
- Practice stretching exercises
- Paint a favourite place
- Try something new







Connecting with others

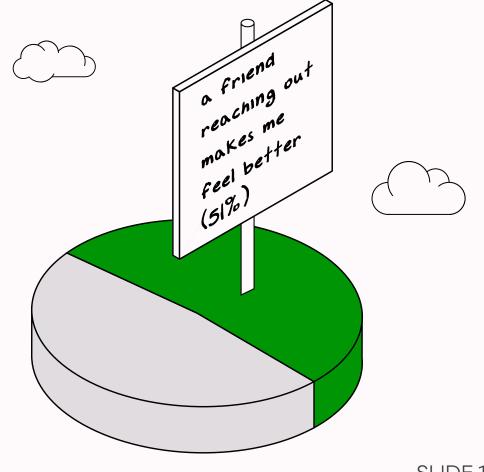




Social loneliness is feeling like you do not have the supportive relationships you would want.

It can take time to build meaningful connections with others.





Connecting with others





- · Call or text a friend
- Offer a hug to someone we care for
- Do an activity with someone
- Join a new club or activity
- Speak to a trusted adult



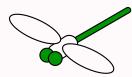


Connecting with the world around us





Existential loneliness is feeling a lack of connection to the world around us.



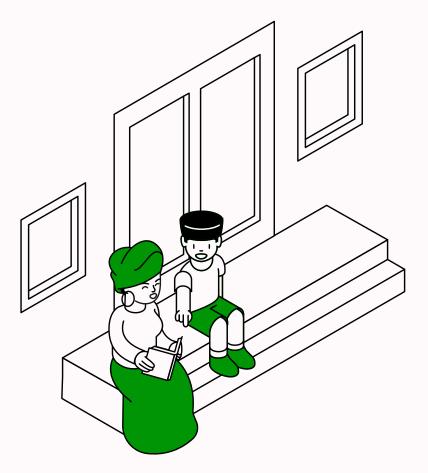


Connecting with the world around us





- Go for a walk
- Visit a local community space
- Sign up to volunteering opportunities
- Learn about different countries, cultures, and traditions



Final thoughts





We may all feel lonely from time-to-time, and that's OK.







Further information and support





