Things to do when we feel a bit lonely



Hello! Everyone can feel lonely or isolated at times. It can happen to anyone.
While it can feel really tough, it doesn't mean there's something wrong with you. We all want to feel connected to people, and loneliness often comes when you're lacking that sense of connection.

You know, if our friendship groups are feeling a bit small right now, maybe it's time to find a new tribe?

Finding like minded people that enjoy the same things as us can be a great place to start. Maybe it's time to join a dance class, book club, try a new hobby or see if there's projects that you could get involved with where you live.

There's a few things you could try:

- Have a think about the things that interest you using the space below- this could be hobbies, causes that you care about or simply things that make you feel most like yourself.
- Do some research on what's going on locally- what groups are in your area? Spend some time searching online for what's going on nearby. Local council websites normally have lots of groups and activities listed or local Facebook pages are also a good place to start.

What things do I enjoy or that interest me? (Brainstorm here...)

A few ideas:

- Being outdoors
- Getting creative- making things
- Watching films
- Reading books
- Exercising and sport
- Environmental issues
- Acting
- Learning a new skill

Remember- meeting new people can feel daunting and that's totally normal but....
sometimes all you need is twenty seconds of insane courage. Just literally twenty seconds of just embarrassing bravery. And I promise you, something great will come of it.



Try Volunteering

Maybe this could be a good time to give volunteering a go? You know, when we imagine what volunteering looks like we often think it only involves helping out in a local charity shop (although it absolutely could!). But there are LOADS of great ways we can help other people where we live in a huge variety of ways.

Volunteering can really help us if we're feeling lonely and has lots of great benefits also, like:

- It helps us build new connections and friendships with people we wouldn't normally meet
- It can give us a boost of confidence and helps build our skills
- It looks great on our CV and can help us in the future with getting a paid job

Think again about the list of things you enjoy doing and this can help you think about a volunteering role you might enjoy. A good place to start is to google volunteering opportunities near me and see what you've got going on locally.

Here's some ideas of areas of volunteering you could explore:

- Dog walking and kennel duties
- Looking after injured animals
- Community farms
- Monitoring local wildlife
- Working with stray and feral cats
- Helping at a zoo
- Wildlife conservation
- Environmental projects
- Recycling
- Taking part in your nearest community group which works on environmental or global issues
- Helping at local care homes
- Community radio stations
- Sports clubs and events
- Charity shops
- Scouts and Guides
- Gardening
- Foodbanks
- Museum or galleries



Some more info:



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Follow the QR codes below to find out more about volunteering opportunities:

https://www.gov.uk/volunteering

https://www.dofe.org/thelatest/volunteering-ideas/

Follow the QR codes below for some great online forums around mental health:

https://www.kooth.com

https://www.themix.org.uk

https://tellmi.app/landing

Follow the QR codes below to find out more about some interest groups you could get involved in:

https://www.bbc.co.uk/sport/get-inspired/45353880

https://kidsinmuseums.org.uk/youth-group-directory/

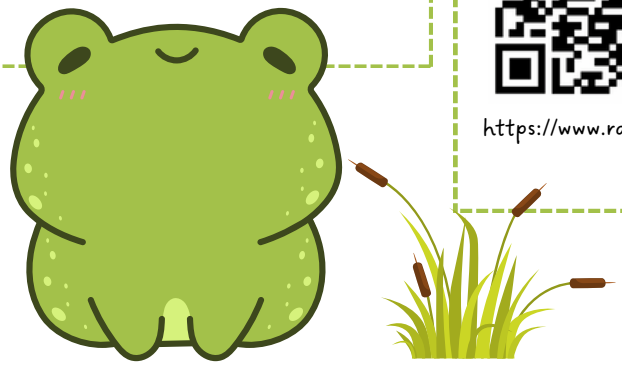
https://www.scouts.org.uk/groups/

https://www.girlguiding.org.uk

https://www.nayt.org.uk/find-a-youth-theatre

Follow the QR code for some inspiration for random acts of kindness:

https://www.randomactsofkindness.org/kindness-ideas



Connecting online

Maybe connecting face-to-face just feels a bit too much right now. That's totally okay as there's some other things we can do to help us feel more connected to people and the world.

Why not connect online instead?
There are loads of forum based sites online where you can join a discussion around a subject that interests you. This means you can still spend time with like-minded people but can do it from a distance if that feels more comfortable. Don't forget that sites like The Mix or Kooth provide a space where you can chat to other young people about mental health. Also hop on sites like Eventbrite that list loads of online events taking place, many of which are free.

Other ideas...

You could try to reconnect with old friends that you've lost touch with:

- Maybe this week drop an old friend a message on their social media to say hey and start a conversation

Practice an act of kindness:

- Doing something lovely for someone else can make us feel good too and make us feel part of those around us. Maybe it's offering to help put someones bin out, making a cuppa for the person in your house that is always rushing around, or simply saying thank you to someone who does something for you.

Read books or watch movies:

- Although this isn't directly connecting us to people in real life, it can give us a break from feeling alone as we lose ourselves in the storyline and get to know more about the characters. So why not curl up with a good book or movie this week?

