

Calvary Community Care Loneliness



Loneliness – sometimes you can deal with it, and sometimes it may feel a little overwhelming.

“I had no idea how lonely I was until I wasn’t lonely anymore.” – Fyn Alexander

If loneliness starts to impact on your life you may find that you:

- withdraw further from the people around you
- feel sad, unhappy or even depressed
- don’t like doing the things you used to like
- find it hard to concentrate
- start to feel bad about yourself and lose confidence.

What you can do

These may take effort initially but will be so worthwhile.

- Talk to people. Pick up the phone, email or chat online. Don’t wait for people to contact you. If you don’t know how to use a computer, join a class and learn. Connect to the online world.

- Follow your bliss. Are there any clubs/groups around you that organise activities you might be interested in? Your local library and council can assist.
- Volunteer. You won’t be lonely and you’ll feel good too. Contact a volunteer centre in your state or territory.
- If you’re an animal lover, get a pet (even if you foster), volunteer at the zoo or an animal shelter.
- Maintain a healthy, active lifestyle.

If you’ve tried everything and you’re still feeling really down, speak to a health professional, who can help with what you’re experiencing.

References

Beyond Blue

<http://bit.ly/2qyxdll>