



**BHARATHIAR COUNSELLING CENTER @
DEPARTMENT OF PSYCHOLOGY,
BHARATHIAR UNIVERSITY,
COIMBATORE - 641 046.**

How to deal with Loneliness?

Loneliness is a universal human emotion that is both complex and unique to each individual. Loneliness is a state of solitude or being alone; loneliness is a state of mind. Loneliness causes people to feel empty, alone, and unwanted. Loneliness is marked by feelings of isolation despite wanting social connections.

Signs of Loneliness

- Not having close or best friends
- Having a feeling like no one is available with whom you can share your feelings
- Inability to connect or interact with others
- Overwhelming feelings of isolation
- Negative feelings of self-doubt and self-worth
- Exhaustion and burnout when trying to engage socially





Ways to Deal with Loneliness

- **Reflect** - Recognize how you feel and the impact it has on your life. This is the first step toward dealing with loneliness.
- **Volunteering** - Whenever possible, look to your local neighborhood or community for volunteer activities. This way you can make new connections and friends.
- **Talk** - Talk to a trusted and loved one about how you've been feeling will help you to deal with loneliness.
- **Connect** - Join an online community to find like-minded people who are also facing loneliness.
- **Self-care** - Practicing self-care is especially important when you're feeling low. Take a break regularly to re-charge yourself.
- **Hobby** - Do activities you love or start up a new hobby to have something to look forward to each day
- **Journaling** - Writing is a great way to let out your emotions and understand why you are lonely. So, spend time writing a journal. Write about when you feel lonely, what happens before it you get that feeling, and what is its consequence each time you feel so.
- **Spending time with pets** - Pets are amazing companions. They help you stick to a daily routine and ease symptoms of depression, anxiety, and loneliness.
- **Don't blame** - Blaming ourselves when we feel lonely is not helpful.
- **Be engaged** - Take some time to invest in yourself and your interests that can keep your mind occupied. Be engaged in things that are meaningful to you.
- **Spend time with nature** - Spending time in nature can improve your mood and helps to overcome loneliness. Take a long walk or a stroll, spend time gardening, go on trekking, or spend time in beach.

It is also important to remember that being alone isn't the same as being lonely. If loneliness is affecting your well-being, there are things that you can do that can help you form new connections and find the social support that you need.

**For scheduling an appointment with a counsellor at
Bharathiar Counselling Centre,
call 0422-2428465 or email bcc@buc.edu.in**

