



What to do if you feel lonely

“ | Resource adapted from APS (2018) by Dr Michelle Lim and testimonies from the 1000 Voices Lived Experience project

1. Think positive

Worrying about social situations can make us overthink our interactions. Try shifting your focus to the other person or topic of conversation.

2. Forget comparison

Comparison can often make us feel inferior to others. Instead of focusing on what you lack, try to focus on and develop the things you have.

3. Expect change

It's natural for relationships to change over time. Knowing this can help you to better adjust as your relationships change and evolve.

4. Sit with discomfort

Anxiety in social situations is common. Meeting new people, despite some discomfort, can help to improve your social confidence.

5. Active listening

Meaningful engagement starts by really listening and giving others our full attention. Show you are engaged through your actions and words.

6. Practice small talk

Many of us worry that we have nothing to say. Starting small talk with others can lead to deeper and more meaningful conversations.



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7. Say names

Saying someone's name signals that we are engaged. Offering your name, and saying theirs, can make for a more connected conversation.

8. Go offline

It's important that we continue to nurture our relationships in the non-digital world. Make time to go offline and interact with others in real life.

9. Start a conversation

Unexpected moments of connection greatly improve our mood. A simple hello can go a long way to helping others and you to feel connected.

10. Be kind

Helping others makes us feel good. Being kind to others, by offering help or support, can help you to build more meaningful connections.

11. Join in

We all have different interests. There are social opportunities to suit everyone. Find out what activities are available in your area and join in.

12. Reconnect

All of us lose touch with friends over the course of our lives. But it's never too late to reach out. Take small steps to reconnect with old friends.