

THE
MENTAL
HEALTH
HOUR

Overcoming Loneliness

with Sophie



Q&A Session

Overcoming Loneliness with Sophie

To view the answer, simply click on any of the questions below.

What are the early signs of loneliness?

How do I overcome loneliness? E.g. get out there and socialise?

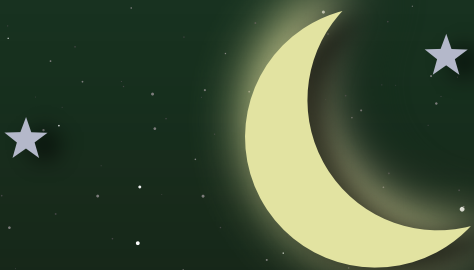
With the continued cancelling of events etc. – how do I overcome the loneliness from home?

Are there any services I could use to prevent loneliness or to overcome?

Would the increase in the virtual world like Facebook Metaverse combat loneliness?

What key solutions would you propose towards overcoming loneliness?

How do you become less emotionally needy?



I make a lot of plans to avoid being alone. How to do I become comfortable with solitude?

How to push yourself out of your comfort zone but also feel safe?

What to do when you're surrounded by people but still feel lonely due to emotional needs not being met?

How can I get people to invite me to things without having to beg them/appeal to pity?

How do I feel alone in the most crowded of places?

What are the positives of being alone?

How to cope with the guilt of family who live alone and not be able to spend all my time with them?



What are the early signs of loneliness?

Loneliness can look different for everyone however, if you are noticing that you have been particularly withdrawn, perhaps not engaging with friends or family, spending a lot of time alone, feeling stuck on a cycle with negative thoughts, noticing difficulty connecting with people when you are around them then these are common early signs of loneliness. It is really important to reach out for help if you are feeling this way.

How do I overcome loneliness?

E.g. get out there and socialise?

The first step to overcome loneliness is to practice self-care and self-compassion. Speak to yourself nicely, empathise with yourself as loneliness can be a really difficult experience. Then let's think about small, achievable steps to get back to connecting with others. Try and connect in real life where possible by making plans with others, pushing yourself to get out and experience a change of scenery where there is opportunity to speak with people, looking at clubs, hobbies, volunteering etc.

With the continued cancelling of events etc. how do I overcome the loneliness from home?

The ongoing Covid-19 pandemic puts a lot of strain on being able to socialise and connect in the way we know how to. Try taking things day by day as this will feel more manageable. Spending time with others is the most important thing, rather than what it is you are doing. Creativity is key here – schedule time to call or video call friends, think about activities you can do together remotely. If possible, and if it is safe to do so, think about wrapping up and going for a walk with a loved one.



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Are there any services I could use to prevent loneliness or to overcome?

Health Assured are available 24/7, 365 days a year. There are some fantastic services and charities available that focus on ending loneliness. The campaign to end loneliness is a great example: <https://www.campaigntoendloneliness.org/> as well as Mind and Age UK.

Would the increase in the virtual world like Facebook Metaverse combat loneliness?

There is still a lot that we still don't know about how technological developments will impact or benefit mental health and loneliness however, we do know that it is often the quality of connection that is important. Therefore, if a deeper connection can be formed over social media, this has potential to alleviate symptoms of loneliness greatly. However, it is important to try and keep a balance of social media connections and face to face connections where possible.

What key solutions would you propose towards overcoming loneliness?

There is no key solution that works for everyone. However, we can all take time to review our current situations and how we spend our time currently and highlight any areas we feel we can make small changes. For example, thinking about how much time is spent alone, how much we are engaged in an isolated task etc. & then looking at how we can start to shift the balance. Can we introduce weekly calls with friends & family? Are there any clubs or opportunities to join groups or communities where you will have more regular social interaction? Think about speaking with someone about the loneliness you are experiencing, whether that be a counsellor or someone close to you. You may not realise how many people can relate & the first step towards positive change is often awareness.



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How do you become less emotionally needy?

It's quite harsh to describe yourself as emotionally needy. We all have emotional needs that need care and attention. Take a look at our app to look at some information around self-care and self-kindness.

I make a lot of plans to avoid being alone. How to do I become comfortable with solitude?

The more self-development and self-understanding we have the more comfortable we get with solitude or the less it becomes a consideration. Consider journalling over a period of time to gain understanding of your feelings and needs. Consider talking to a counsellor if you need a space to unpick this further.

How to push yourself out of your comfort zone but also feel safe?

I love this question. Having a comfort zone isn't a negative thing – as long as it doesn't stop us from who we are and how we flourish. Make a list of what that comfort zone gives you and then also make a list of how it holds you back, so you start to think about what it gives you and what it takes from you.

What to do when you're surrounded by people but still feel lonely due to emotional needs not being met?

This sounds like some self-reflection would be helpful We all need to be understood and try to communicate with the right people who will hear us and offer support.



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How can I get people to invite me to things without having to beg them/appeal to pity?

The right people would never make you beg or treat you with pity. Consider sessions with a therapist to look at your self-confidence and self-worth so you know what you deserve out of friendships.

How do I feel alone in the most crowded of places?

This is really common. We can all get overwhelmed from time to time particularly if we are out of our comfort zone or in sensory overload. If you feel comfortable share how you feel with a friend, it might surprise you that they feel the same.

What are the positives of being alone?

Where to start! Alone time is essential and important for good self-awareness and understanding. It is all about balance. Both too little and too much alone time can be overwhelming.

How to cope with the guilt of family who live alone and not be able to spend all my time with them?

It sounds like you really care and the first step would be letting the member know that! Keeping regular communication but also keeping your own personal boundaries can help family members feel included but prevents us feeling responsible for their wellbeing.



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