



Peer
Education
Project



Mental Health
Foundation



Loneliness

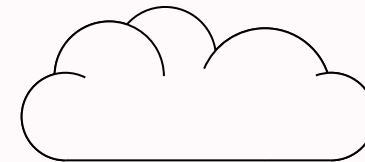
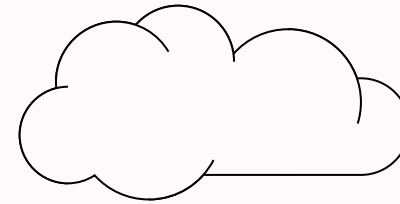
Finding our
connections to
feel less lonely

Assembly



This assembly will cover:

- What loneliness is.
- How loneliness can affect our mental health.
- How we can build connections to feel less lonely.

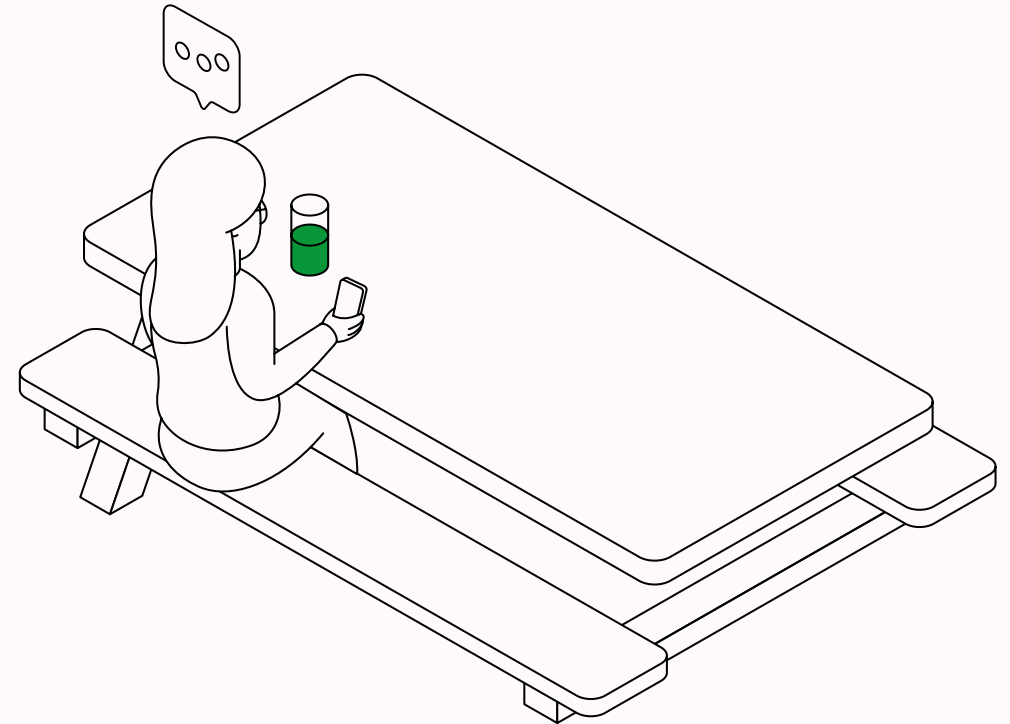


What do we mean by loneliness?



Loneliness is often described as when we feel we do not have the meaningful relationships we want around us.

Feelings of loneliness can come and go depending on our circumstances and the experiences we face.



The inequalities in experiencing loneliness



We are not all equally at risk of experiencing loneliness.

The circumstances and experiences some people face mean they are more likely to experience loneliness.



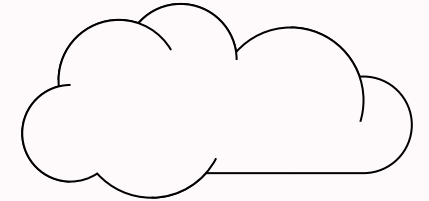
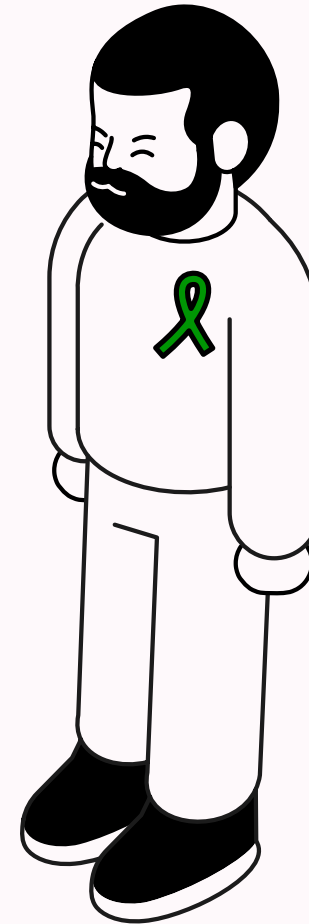
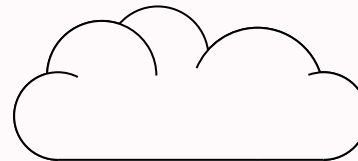
The difference between feeling lonely and being alone



Social isolation:

The physical separation from the people, and things, that bring you comfort and support.

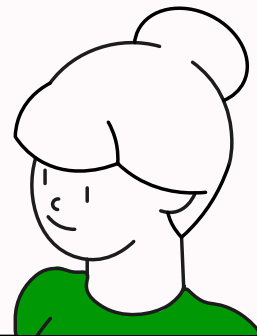
A person who is socially isolated is not necessarily lonely.



What is mental health?



**Mental health is made
up of our thoughts,
feelings, moods, and
behaviours.**



Loneliness and mental health



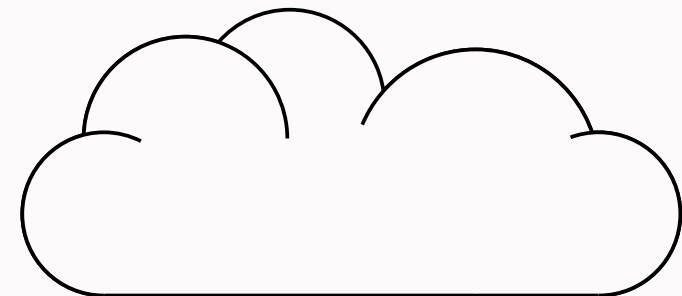
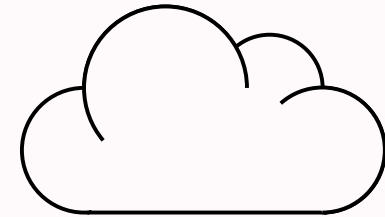
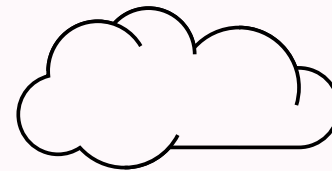
Although loneliness is not a mental health problem, it is an experience that can affect our mental health.





To support our mental health, especially when feeling lonely, we can find meaningful connections with:

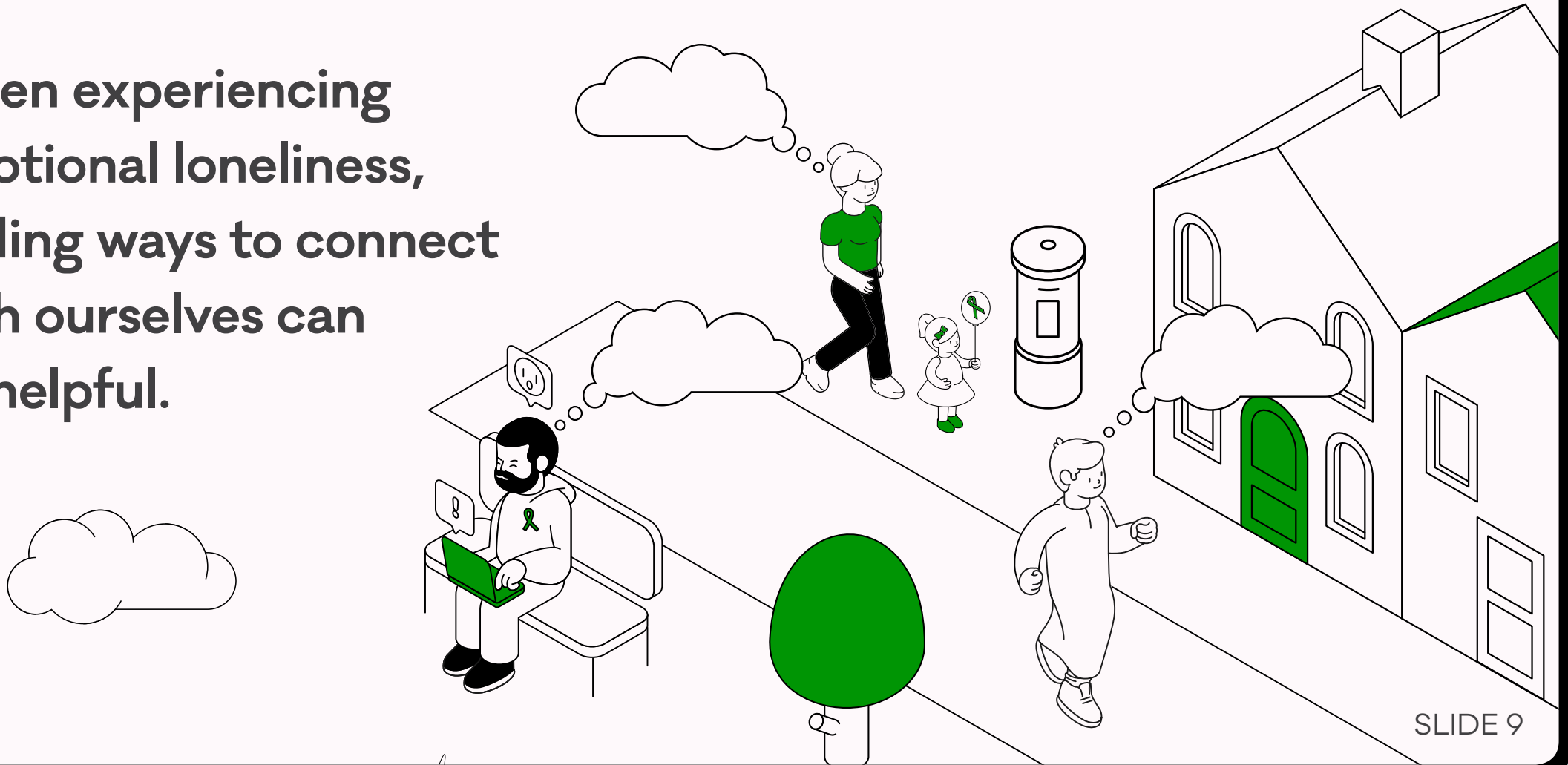
- Ourselves
- Others
- The world around us



Connecting with ourselves



When experiencing emotional loneliness, finding ways to connect with ourselves can be helpful.



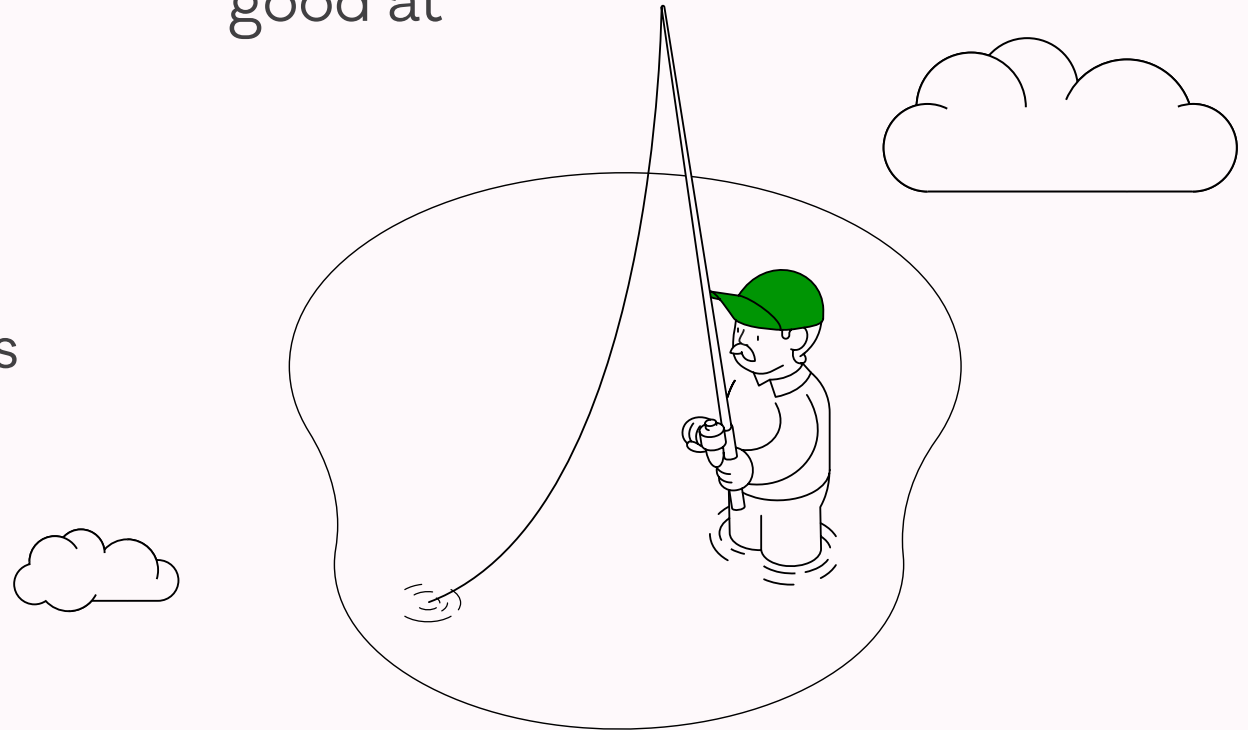
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Connecting with ourselves



- Practise mindfulness
- Listen to music
- Write in a journal
- Practice stretching exercises
- Paint a favourite place
- Try something new

- Do something that we are good at

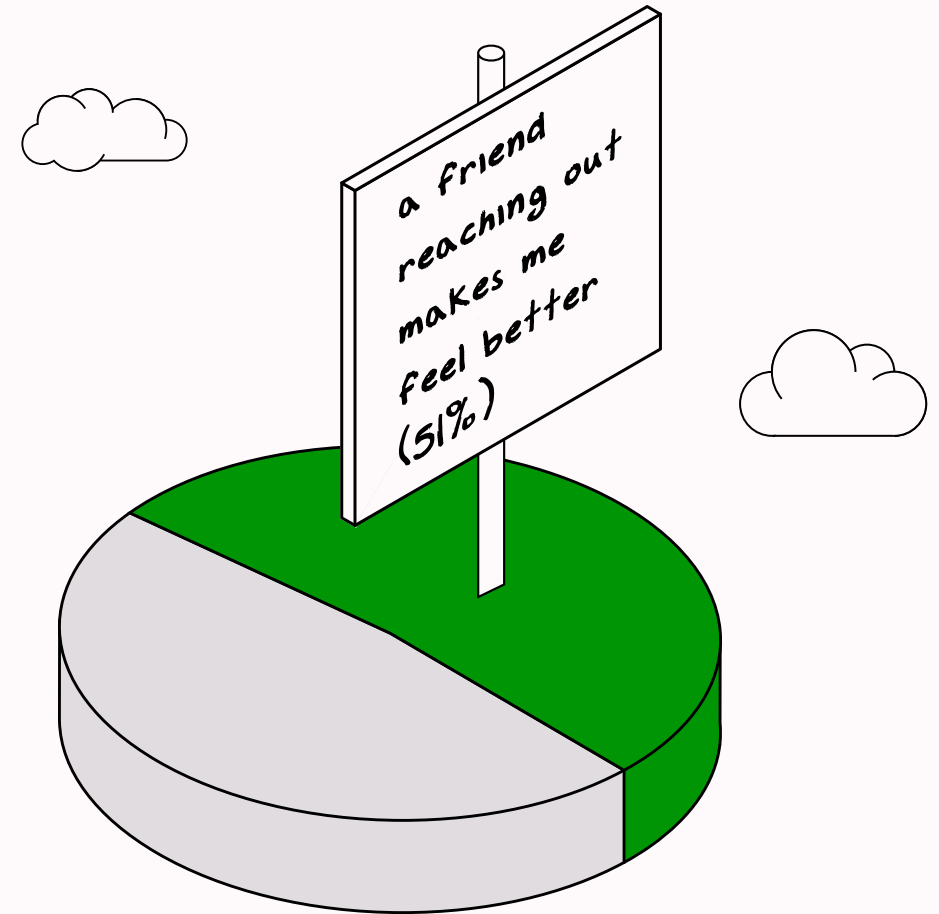
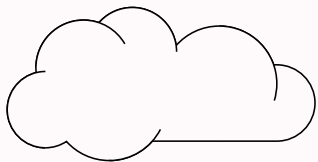


Connecting with others



Social loneliness is feeling like you do not have the supportive relationships you would want.

It can take time to build meaningful connections with others.



Connecting with others



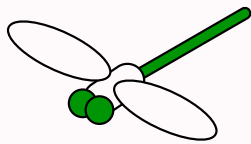
- Call or text a friend
- Offer a hug to someone we care for
- Do an activity with someone
- Join a new club or activity
- Speak to a trusted adult



Connecting with the world around us



Existential loneliness
is feeling a lack of
connection to the
world around us.

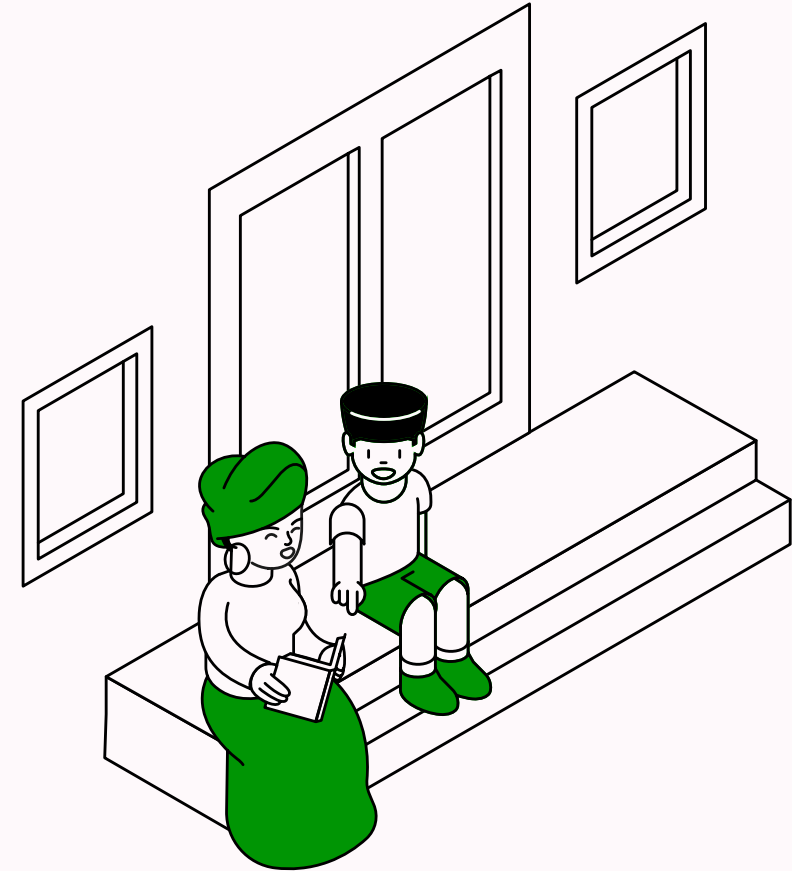


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Connecting with the world around us



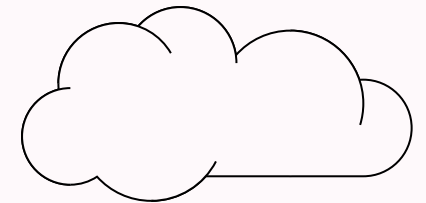
- Go for a walk
- Visit a local community space
- Sign up to volunteering opportunities
- Learn about different countries, cultures, and traditions



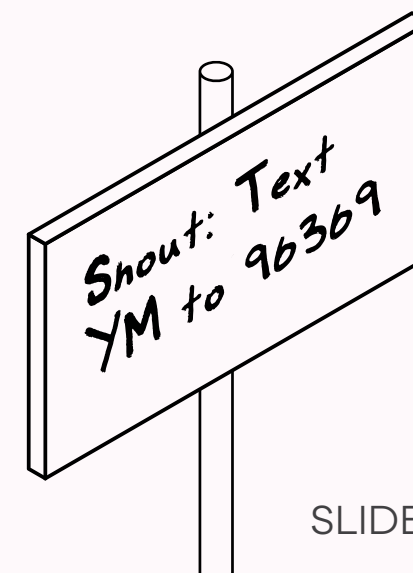
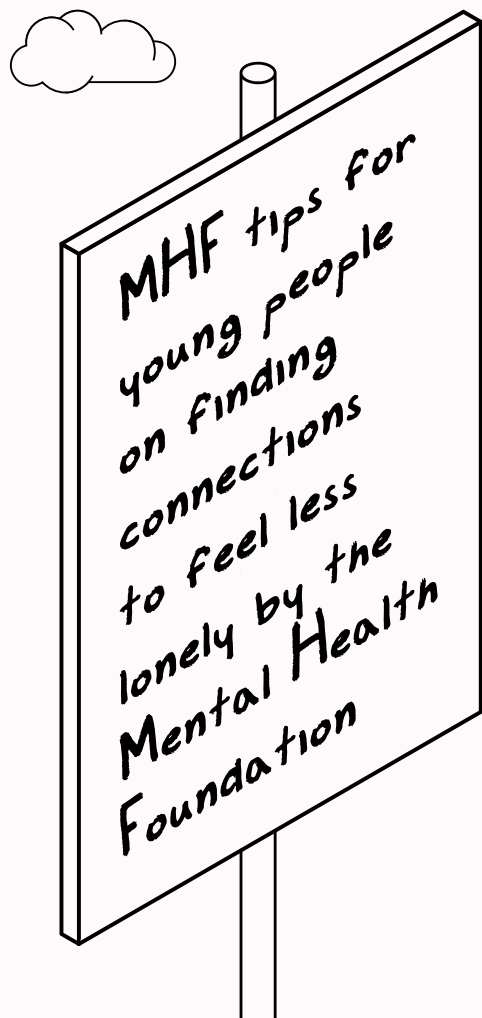
Final thoughts



**We may all feel lonely
from time-to-time,
and that's OK.**



Further information and support



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