



# 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.