



Always online but still lonely?

A quick glance at your mobile phone can quickly turn into minutes or hours. While we're scrolling through content, real connections often fall by the wayside.

We often don't notice the time passing

Social media and apps are designed to keep our attention for as long as possible. A few minutes can soon become hours without us realising. At the end, we often feel like we've spent a lot of time online without really experiencing much.

Passive consumption is no substitute for real experiences

Reading posts, following stories and watching videos might be entertaining, but they are no substitute for going out and experiencing things yourself. Real conversations, doing things together, or short breaks create memories and strengthen our sense of belonging.

Digital closeness can be deceiving

Having lots of contacts on your smartphone doesn't automatically mean that we feel true connections. Interactions often remain brief, superficial or incidental. In most cases, a real sense of closeness is not created until we make time for each other and consciously engage with one another in conversations.

Stop scrolling and actively take steps

Instead of just consuming content, it can do you good to plan regular periods where you're offline and actively take steps: call someone, meet up spontaneously or simply go outside. This will all get you moving in your day-to-day life and create real connections.

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