Tips for combating loneliness

Do you sometimes feel lonely when you don't want to be? Small changes can help you reconnect and establish new contacts.

Use the start of a new year to try out new things

Have you ever tried out a hobby that you initially thought wouldn't be anything for you? Whether it's a language course, singing in a choir, a creative project, or dancing or cooking lessons – doing things together enriches our lives, is fun and introduces you to a community that can ultimately lead to new contacts.

Get some exercise and clear your head

Incorporating exercise into your daily routine helps to combat stress. Schedule short, targeted sessions at regular intervals: arrange to meet others for a walk, play sports in a club, go to the gym or join a running group. It will enable you to recharge your batteries, meet people with similar interests and expand your social circle.

Help yourself by helping others

Looking to do some good while meeting new people? There are lots of options available to you, such as honorary positions, volunteering, or helping with small-scale aid or humanitarian projects. Working with animals can also be good for your heart and soul.

Gain confidence through clarity

How do you really feel? What things are currently doing you good? Keep these questions at the front of your mind. Structuring your day provides guidance and reduces uncertainty. Small self-care rituals will help you to feel strong and confident.

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