

ORGANISATIONAL DEVELOPMENT AND EMPLOYEE WELLNESS

COPING COVID-19: A SELF-HELP GUIDE

Social Wellness: **Loneliness**

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*Inspiring excellence.
Transforming lives.*

Your Healthiest Self: **Social Well-being**

Social Well-being


- While common definitions of loneliness describe it as a state of solitude or being alone, loneliness is actually a state of mind. Loneliness is defined by researchers as feeling lonely more than once a week.
- Loneliness causes people to feel empty, alone, and unwanted. People who are lonely often crave human contact, but their state of mind makes it more difficult to form connections with other people. Loneliness, according to many experts, is not necessarily about being alone. Instead, if you feel alone and isolated, then that is how loneliness plays into your state of mind.
- **Improving your social life isn't always a quick or easy process, but there are plenty of tips and tricks that you can try.**



Tips to Prevent and Overcome Loneliness:

Loneliness can be overcome. It does require a conscious effort on your part to make a change. In the long run, making a change can make you happier, healthier, and enable you to impact others around you in a positive way.

- ❑ **Consider community service or another activity that you enjoy.** These situations present great opportunities to meet people and cultivate new friendships and social interactions.
- ❑ **Expect the best.** Lonely people often expect rejection, so instead focus on positive thoughts and attitudes in your social relationships.
- ❑ **Focus on developing quality relationships.** Seek people who share similar attitudes, interests, and values with you.



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- ❑ **Recognise that loneliness is a sign that something needs to change.**
- ❑ **Understand the effects of loneliness on your life.** There are physical and mental repercussions for loneliness.

Read more at:

<https://www.psychologytoday.com/za/basics/loneliness>



Jump online: Meetup

Whether you're playing someone in your favourite game, or simply connecting in forums with like-minded people, chatting online is a great way to battle loneliness. You can take the leap from the comfort of your own computer while working on the skills that will help you feel less lonely in the long run.

Meetup is a platform for finding and building local communities. People use Meetup to meet new people, learn new things, find support, get out of their comfort zones, and pursue their passions, together. Join meetup:

<https://www.meetup.com/cities/za/>



Jump online: Social Support Groups

Discover support groups close to you in
South Africa:

- ❑ <http://psychmatters.co.za/category/join-our-support-group>
- ❑ <https://www.health24.com/Medical/Depression/Support-groups/Support-groups-Mood-disorders-bereavement-and-related-issues-20120721>
- ❑ <https://www.health24.com/Medical/Depression/Support-groups/Support-groups-Anxiety-trauma-and-related-20120721>