

# TIPS FOR MANAGING LONELINESS

SOFIA MENDOZA, LCSW

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## **OBSERVE THE FEELING**

Notice non-judgmentally that you're experiencing loneliness.



## **HONOR THE LONELINESS**

Notice that you value connection with others. We're human! Connection is our strongest survival skill.



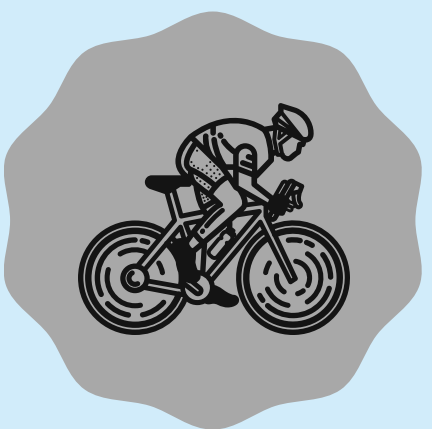
## **SEEK HEALTHY CONNECTION**

Spend time with safe people . Build safe & healthy relationships . Volunteer.



## **TOLERATE THE LONELINESS**

Don't try to change the feeling. Focus on riding the wave of loneliness, watching it go up and down like a wave.



## **NURTURE THE CONNECTION WITH YOURSELF**

Engage in new, fun activities on your own. Get to know your likes, experiment with new hobbies. Be on your side compassionately. Focus on creating joy on your own.

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