PRACTICAL OPTIONS FOR DEALING WITH LONELINESS

OPTIONS FOR CONNECTING WITH OTHERS

Connect with others currently in your life

Loneliness is a feeling, not a fact, so you may have more opportunities for connection than you realize. Are there people currently in your life that you can reach out to? Are there friends you can text and they will always listen? Are there people you don't see for a while but when you do you are able to pick up right where you left off? Are there classmates or coworkers you want to try building stronger connections with?

Consider opportunities for meeting new people

Joining a gym/classes Getting a part-time job Volunteering

Starting your own group through the college and/or social media (movie or book club; social group; activity or hobby group; study group, etc.)

Attend campus events

https://www.algonquinsa.com/events/?start_date=2020-03&view=calendar

Explore campus clubs

https://www.algonquinsa.com/campuslife/clubs-and-communities/

Explore Pembroke and community activities

Pembroke Community Guide:

https://www.pembroke.ca/download.php?dl=YToyOntzOjI6ImlkIjtzOjQ6IjM3MzMiO3M6Mzoia 2V5IjtpOjE7fQ

https://www.eventbrite.ca/d/canada--pembroke/all-events/ https://www.pembroketoday.ca/pembroke-upcoming-events/#

OPTIONS FOR FOCUSING ON YOURSELF

Consider solo activities

Anything you've always wanted to try or take up? Any activities like running, writing, or cooking? Try going for a walk or drive to explore the area, take yourself to a movie one afternoon, or research a topic you've always been interested in.

Become comfortable with your own company

Limit comparisons to others