



Tips on How to Combat Loneliness & Build Social Connections



There will be times when we feel lonely. It's important to:

1. Hold space for these emotions

2. Find ways to support ourselves

**Try these SWA
recommended
strategies to help
support your
wellbeing!**



SWA Tip

#1

Check-in with a loved one!

SWAs shared that speaking to a loved one has helped alleviate feelings of loneliness.



Research Shows That:

Spending at least **15 minutes each day talking** with or writing to a loved one can reduce loneliness.

15 minutes isn't a long time, but when done consistently it can make a big difference in how connected we feel.



SWA Tip

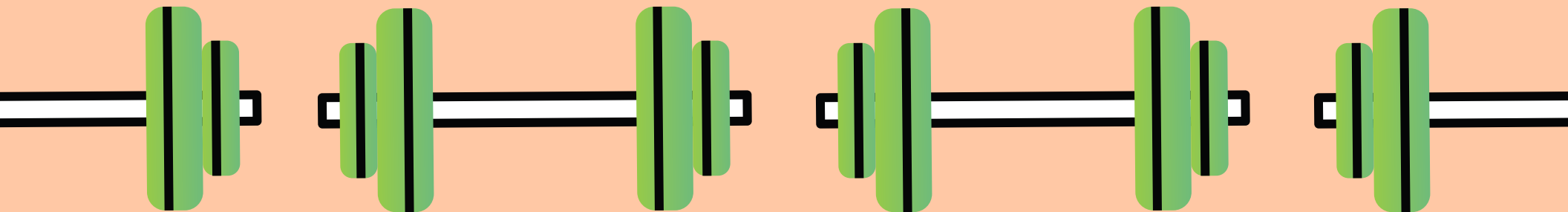
#2

Check-out the Rec Center's resources!

SWAs shared that exercising helps them alleviate loneliness (e.g., going on walks, training with their teams, lifting weights, climbing in the Rec).

Research Shows That:

Exercising regularly, especially with others, helps to reduce loneliness. Even just 30 minutes of exercise several times a week facilitates the release of endorphins, which have a number of benefits for both mental and physical health including alleviating loneliness.



SWA Tip

#3

Have a Zoom meal with a friend while eating your favorite comfort food!

SWAs shared that eating a favorite comfort meal makes feel less lonely.

A decorative brushstroke in a light orange color, curving across the bottom right corner of the page.

Research Shows That:

Even **thinking about our favorite foods can help alleviate loneliness!**

A recent study suggests that the social and emotional associations between favorite foods and other good memories provides us comfort.

SWA Tip

#4

Join or start a book club!

SWAs shared that they like to read books when feeling lonely, which is a great way to take a break from screens and news.

Research Shows That:

Taking breaks from watching or listening to news stories, including those on social media, is helpful. Hearing about current events repeatedly can contribute to feelings of isolation.



References

1. Centers for Disease Control and Prevention. (2021, January 22). Mental health and coping during covid-19. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
2. Marsh Jason Marsh is the editor in chief of Greater Good., J. (2011, May 10). Just thinking of comfort foods can reduce loneliness. Retrieved from https://greatergood.berkeley.edu/article/item/just_thinking_of_comfort_foods_can_reduce_loneliness
3. Robinson, L. (2020, October). The mental health benefits of exercise. Retrieved from <https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>
4. Rogers, L. (2020, April 22). How to prevent social isolation from making loneliness worse. Retrieved from <https://www.jhsph.edu/covid-19/articles/how-to-prevent-social-isolation-from-making-loneliness-worse.html>

**Title
Page**

**Resource
1**

**Resource
2**

**Resource
3**

**Resource
5**

**Resource
7**

**Resource
9**

**Resource
4**

**Resource
6**

**Resource
8**

**Resource
10**

**Resource
11**

Tips on How to Combat Loneliness & Build Social Connections



There will be times when we feel lonely. It's important to:

1. Hold space for these emotions
2. Find ways to support ourselves

Try these SWA recommended strategies to help support your wellbeing!

Research Shows That:

Spending at least **15 minutes each day talking** with or writing to a loved one can reduce loneliness.

15 minutes isn't a long time, but when done consistently it can make a big difference in how connected we feel.



Research Shows That:

Exercising regularly, especially with others, helps to reduce loneliness. Even just 30 minutes of exercise several times a week facilitates the release of endorphins, which have a number of benefits for both mental and physical health including alleviating loneliness.



Research Shows That:

Even **thinking about our favorite foods can help alleviate loneliness!** A recent study suggests that the social and emotional associations between favorite foods and other good memories provides us comfort.

Research Shows That:

Taking breaks from watching or listening to news stories, including those on social media, is helpful. Hearing about current events repeatedly can contribute to feelings of isolation.



SWA Tip #1

Check-in with a loved one!

SWAs shared that speaking to a loved one has helped alleviate feelings of loneliness.

SWA Tip #2

Check-out the Rec Center's resources!

SWAs shared that exercising helps them alleviate loneliness (e.g., going on walks, training with their teams, lifting weights, climbing in the Rec).

SWA Tip #3

Have a Zoom meal with a friend while eating your favorite comfort food!

SWAs shared that eating a favorite comfort meal makes feel less lonely.

SWA Tip #4

Join or start a book club!

SWAs shared that they like to read books when feeling lonely, which is a great way to take a break from screens and news.

References



1. Centers for Disease Control and Prevention. (2021, January 22). Mental health and coping during covid-19. Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
2. Marsh Jason Marsh is the editor in chief of Greater Good. J. (2011, May 10). Just thinking of comfort foods can reduce loneliness. Retrieved from https://greatergood.berkeley.edu/article/item/just_thinking_of_comfort_foods_can_reduce_loneliness
3. Robinson, L. (2020, October). The mental health benefits of exercise. Retrieved from <https://www.helpguide.org/articles/healthy-living/the-mental-health-benefits-of-exercise.htm>
4. Rogers, L. (2020, April 22). How to prevent social isolation from making loneliness worse. Retrieved from <https://www.jhsph.edu/covid-19/articles/how-to-prevent-social-isolation-from-making-loneliness-worse.html>