Combating Loneliness & Building 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!
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).
Check-in with a loved one!
SWAs shared that speaking to a loved one has helped alleviate feelings of loneliness.
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.
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:
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.
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.
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.
YUM!
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.
I really needed this!
What do you place a sticker under the

STAY PHYSICALLY ACTIVE

CONNECT WITH FRIENDS/FAMILY
already do?
activities you already do

CONSISTENTLY TAKE BREAKS

ACTIVELY PARTICIPATE IN CLUBS
References


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Try these SWA recommended strategies to help support your wellbeing!

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- Join or start a book club! SWAs shared that exercising helps them alleviate loneliness (e.g., going on walks, training with their teams, lifting weights, climbing in the Rec).

Check-in with a loved one!
SWAs shared that speaking to a loved one has helped alleviate feelings of loneliness.

Check-out the Rec Center’s resources! SWAs shared that exercising helps them alleviate loneliness.

What do you already do?
place a sticker under the activities you already do

Stay physically active
Connect with friends/family
Consistently take breaks
Actively participate in clubs

References