

# Combating Loneliness & Building Social Connections



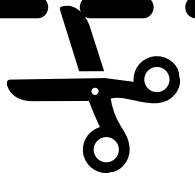
**There will be times when we feel lonely. It's important to:**

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

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

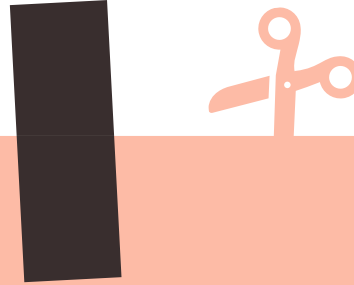
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## **Check-out the Rec Center's resources!**

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.



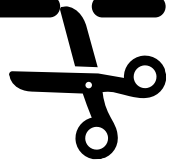
## **Join or start a book club!**

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

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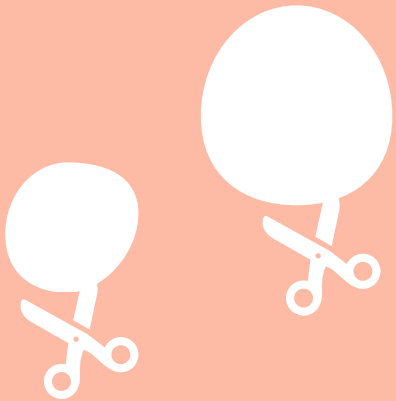
Research Shows  
That:

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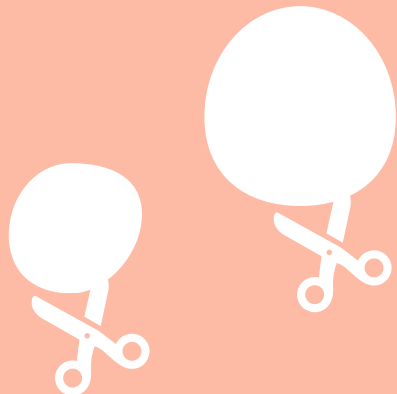


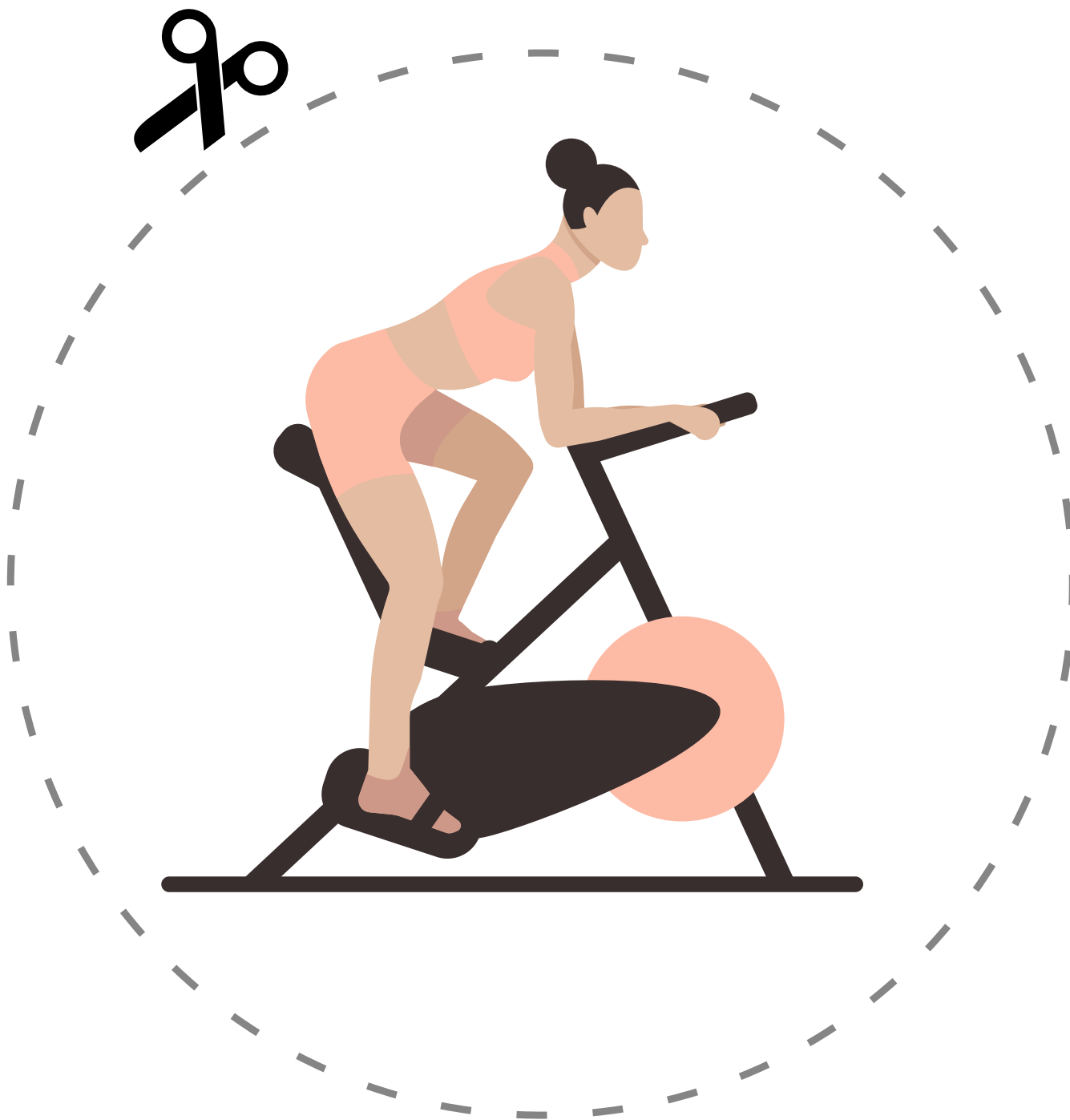
Spending at least **15 minutes each day talking** with or writing to a loved one can reduce loneliness. 15 minutes isn't a long time, but when done consistently it can make a big difference in how connected we feel.



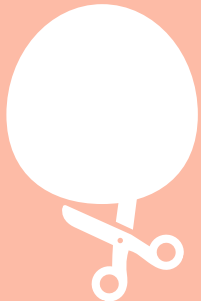


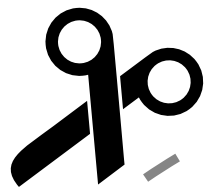
**Exercising regularly, especially with others, helps to reduce loneliness.** Even just 30 minutes of exercise several times a week facilitates the release of endorphins, which have a number of benefits for both mental and physical health including alleviating loneliness.



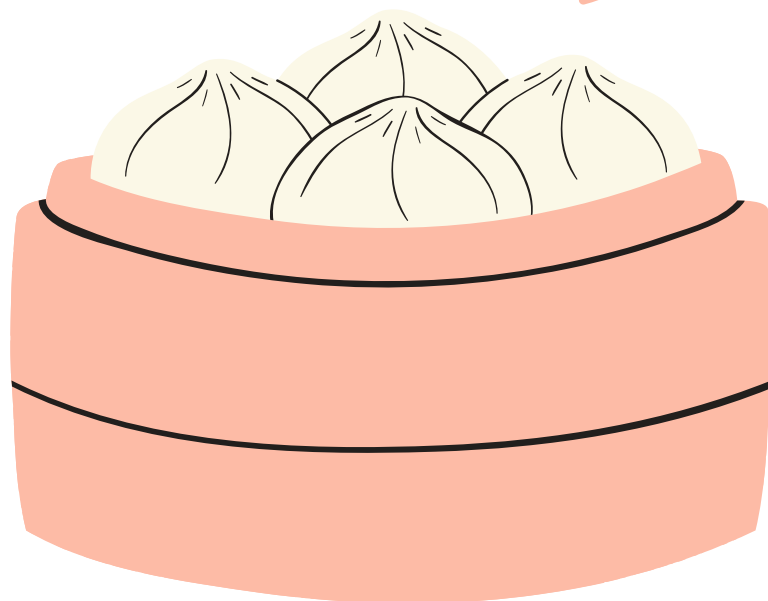


Even **thinking about our favorite foods can help alleviate loneliness!** A recent study suggests that the social and emotional associations between favorite foods and other good memories provides us comfort.

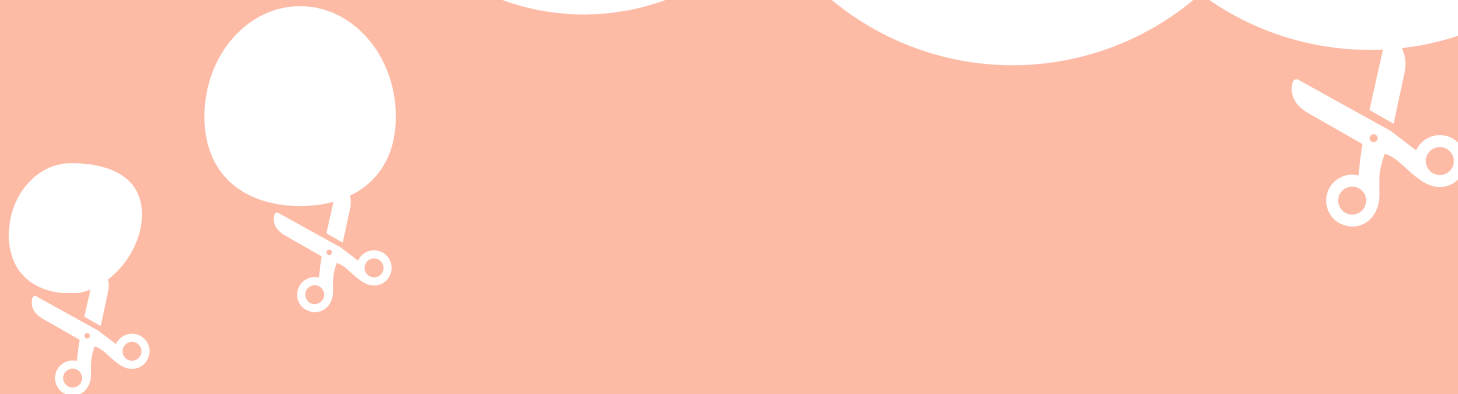




YUM!



**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.







**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

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](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>

# Layout #1



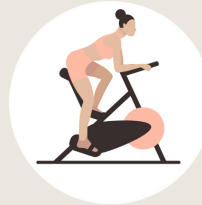
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Research Shows That:



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## References

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

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CONNECT WITH FRIENDS/FAMILY

CONSISTENTLY TAKE BREAKS

ACTIVELY PARTICIPATE IN CLUBS

opening on this side

CLEAR SHEET  
PROTECTOR  
WITH  
STICKERS  
INSIDE

← staples