

Thrive 365 #11

Did you know?

In a 2019 survey, 16% of people in the UK said they didn't have anyone they felt they could rely on if they had a serious problem. The issue of loneliness is huge in our society and a study conducted by Cigna suggested that it has the same impact as smoking 15 cigarettes a day. But what can we do to combat loneliness, especially when some people say they feel lonely even when they are with other people?

What can you try?

1. Share feelings

We often feel lonely when we don't share feelings with people. Make it a priority to share your feelings with someone every day as this will encourage them to do the same. This connection will ward off feelings of loneliness.

2. Work out the 'why?'

Loneliness is not the same as being alone, so if you feel lonely, ask yourself whether it's due to lack of contact or lack of close contact. If it's the latter, consider who you could open up to and make an effort to make a closer connection.

3. Connect with nature

If you are spending a lot of time alone, prioritise going for a walk in nature. It sounds counter-intuitive, but sometimes experiencing the sights and sounds of the natural world - even by ourselves - can make us feel part of something greater and therefore less lonely.

We hope you find this knowledge useful. Warm wishes, Claire and Rachael, Dragonfly Co-founders.

TALKS

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CONSULTANCY

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