

Combating Loneliness

A Construction Suicide Prevention Partnership Toolbox Talk

www.suicide-stops-here.org

What is Loneliness?

Loneliness is a universal feeling that we all experience from time to time. However, chronic loneliness can have negative effects on both mental and physical health. Often, people who experience suicidal thoughts feel very alone in what they are going through. Having strong social connections with others can be vital to our resilience in facing life's challenges.

Construction workers report experiencing loneliness at a higher rate than the general public due to frequent job site changes, having less time to spend with family because of work, and the stigma around mental health.

Here are some tools to help you navigate and challenge beliefs about loneliness.

#1 Create Routine

Establishing a daily structure can help alleviate feelings of loneliness. Set specific breaks during your workday to interact with others, and make time for exercise, like taking a walk around the project site. A consistent schedule will not only help you manage your time more effectively, but it will also ensure you have regular social interactions.



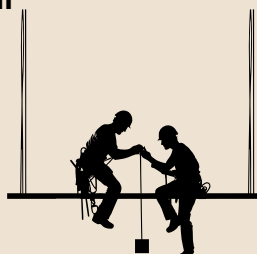
#2 Challenge Your Thoughts

Sometimes, we isolate ourselves because we fear others won't receive us well. Do you find yourself replaying negative social interactions in your mind or comparing yourself to others? Challenge those thoughts, either in a journal or through self-reflection. Confronting negative thoughts can help broaden our perspective on past social experiences.



#3 Open Up to People

Try engaging with colleagues or friends during lunch, breaks, or after work. You can start by simply asking how their day is going or checking in with your coworkers.



#4 Talk Therapy

Therapy can be a valuable tool for exploring feelings of loneliness. Talking to someone in a confidential setting can help you unpack the barriers preventing you from connecting with others.



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What Companies Can Do

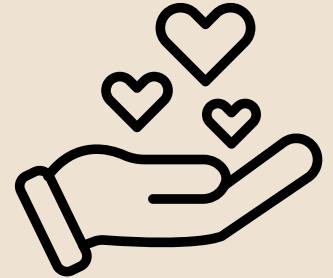
#5 Create a common interest group with workers

Meetup is a great app for connecting with people who share your interests. You can join groups for activities like bowling, golf, writing, sports, and more. Whether you create a group with coworkers or join an existing one, finding others with similar hobbies can help you build connections and reduce feelings of loneliness.



#6 Practice Gratitude

Practicing gratitude can help alleviate feelings of loneliness. It can be as simple as taking a moment to reflect on a good conversation with a friend or a meal you enjoyed at work. You can incorporate this during team meetings or after stretch and flex



#7 Create a Space for Workers to Congregate

Creating a space can encourage workers to come together and foster a sense of camaraderie among the crew. Often, workers take breaks or eat in their cars, which can exacerbate feelings of loneliness. Providing a dedicated space allows them to get to know each other. Including games or food in the room can further encourage them to use the space.



There are resources that can help anyone struggling with a mental health challenge:

- Call or text the National Suicide and Crisis Lifeline by dialing 988
- Text the Crisis Text Line "HELLO" to 741741
- Check out the Construction Suicide Prevention Partnership at www.Suicide-Stops-Here.org for more resources

[Check out additional resources and sources here.](#)