



Combating Loneliness

The feeling of loneliness is part of being human. Loneliness can alert us when our social needs are not being met or when we need to slow down and reflect. We all experience loneliness in different ways. This feeling has been passed down to us. All cultures have rituals to build connections (e.g., playing sports, hanging with friends, or attending a religious ceremony) and cultural practices that find meaning and resilience in isolation and loneliness (e.g., solo adventures, reading a book, or meditating). Loneliness is neither inherently good nor bad, it is our mind and body's way of signaling that we need to take action to improve our mindset or social situation to survive.

Talking Points

- Loneliness is a risk factor for suicidal ideation and completed suicides.
- Loneliness is a subjective feeling.
- Even people with lots of social contacts and friends experience loneliness.
- There's no formula for defining it, and only you know when you're feeling it.
- Some tips for combating loneliness:
 - Challenge your negative thoughts.
 - Keep a thought journal; it helps!
 - Make new connections
 - Create a routine where you interact with co-workers, friends, and family.
 - You can use your EAP to try talk therapy!

Your Toolbox

 Loneliness Toolbox Talk

 Do I Need Help Flyer?

 Thought Record Worksheet



Do a Confidential Self-Assessment



Reframing Loneliness

Reliable Resources



U.S Surgeon General Report on Loneliness