



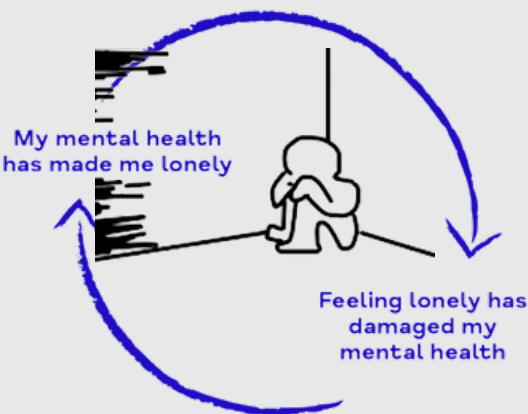
# Feeling lonely? You are not alone!

**30%** of Singaporeans said they felt lonely\*

**Loneliness** - the feeling we get when our need for rewarding social contact and relationships is not met.

**Chronic loneliness** - loneliness that's experienced over a long period of time.

While loneliness, and chronic loneliness, aren't specific mental health conditions, they can still affect your mental and general health.



### Common Causes Of Loneliness

- 1 Situation Factors**  
Job change, relocation, long-term illness, separation, the death of a close one, the end of an important relationship.
- 2 Psychological Factors**  
Depression, anxiety, chronic stress
- 3 Internal Factors**  
Low self-esteem, lack of self-confidence, self-doubting
- 4 Personality Factors**  
Shyness, awkwardness, introversion

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### Psychology-backed Tips To Prevent Loneliness

- 1** Join support groups or community service.
- 2** Try to maintain positive attitudes in your social relationships.
- 3** Seek people who have similar interests, hobbies, and values with you.
- 4** Take steamy baths, wear comfortable warm clothes, have hot drinks.
- 5** Take small steps to relieve your distressing feelings.
- 6** Strengthen your present relationship to combat your loneliness.
- 7** Try to be physically active and get some sunlight.
- 8** Share your thoughts and feelings with a trusted loved one.
- 9** Consult with a mental health professional if needed.

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## Beat loneliness in the workplace by building a culture of connection and community:

- 1) Assess the Situation**
- 2) Change Your Way of Working** by building meaningful relationships
- 3) Build a team that has a shared direction**
- 4) Encourage good relationships** through teambuilding activities
- 5) Take an interest in people's lives**
- 6) Remember the little things** through random acts of kindness and one-on-one conversations
- 7) Tackle exhaustion**
- 8) Remember virtual colleagues.** Reach out to them outside official meetings.

Sources:

- \*Feeling of loneliness among adults 2021, by country. Published by: Simona Varrella, Nov 4, 2021. <https://www.statista.com/statistics/1222815/loneliness-among-adults-by-country/>
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