

Overcoming winter loneliness



10 ways to beat loneliness this winter

When it's colder and the days are shorter, we may feel lonelier, so we've come up with a few suggestions to help give loneliness the cold shoulder.

1. Expectation management

Accept winters are usually difficult, then you can figure out how best to navigate them.

2. Learn the difference between loneliness and being alone

Being physically alone doesn't necessarily mean you're lonely. Loneliness can be a sense of isolation or lack of something within life. In contrast, alone is more about being in solitude and enjoying your own company without feeling lonely. There's an art to being alone but not lonely.

3. Choose where you work from home carefully

Try to not base yourself in a room you'd usually spend your evening in and sit somewhere that has good natural light if you can.

4. Visit your office

Working at home can be isolating, going into your office and being around people can provide the camaraderie needed to reduce feelings of loneliness.

5. Learn something new

Learning new skills both boosts your mental well-being and gives you a chance meet people with common interests, for example, joining a gym or taking cooking classes.

6. Connect with people

Touch base with friends and family by scheduling morning coffees, walks, lunch or even phone calls.

7. Highlight your needs

Whether you want human interaction or time alone, it's important to share those feelings. Be honest when you feel either way, rather than bottling it up.

8. Widen your friendships circle across generations

Gaining new friends who are older or younger means you'll have fuller and more diverse relationships.

9. Spare some time to help others

Volunteering your time for a good cause helps others but can also help you to get out, meet new people and learn new skills.

10. Make your home your social castle

If you work or spend a lot of time at home, entertaining company there might lose its appeal. You could try making some changes like rearranging furniture, adding seating, small furnishings, or changing lighting. These adjustments will help create a space where you can relax and enjoy entertaining loved ones.

Try a few of these out and see if they make a difference this winter.

