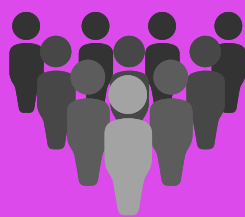


5 Sure Fire Ways to Help You Overcome Loneliness and Make Connections



VOLUNTEER

Helping is an opportunity to connect with those in need. Reaching out to others experiencing loneliness will have benefits for everyone! Volunteering with the elderly and homeless are excellent places to start.



GET INVOLVED WITH A GROUP

Meeting with likeminded people and those who share similar interests naturally leads to opportunities for conversation and connection. Repeated encounters is a way to build friendships organically.



BEFRIEND A DOG

Animals can be a great source of love and connection. Dogs, specifically, help combat loneliness because they're social in nature. If ownership isn't a possibility, offer to dog-sit/walk a dog you know or volunteer at an animal shelter.



FOLLOW YOUR FAITH

There are a number of reasons believing in God (or a higher power) protects from loneliness, including, the social interactions faith communities provide and the way faith helps us accept the things we cannot control.



CALL SOMEONE

That doesn't mean text or post on social media. Call and talk to someone. Social media is a connection facade. Direct communication (face-to-face is ideal) is a loneliness buster. Make time for those you care about give them a ring.