

Creating Connection to Overcome Loneliness

Loneliness isn't just about being alone, it's the feeling that arises from a lack of connection and belonging. You can be surrounded by people and still feel lonely if you don't feel understood, valued, or truly connected.



According to a recent State of the Nation Report from Ending Loneliness Australia, almost 1 in 3 people feel lonely. Loneliness can affect anyone, at any age or stage of life, and can stem from a range of causes. It can creep in during major life changes like starting a new job, moving, or coping with the loss of someone close. Sometimes, it's about physical isolation, such as living alone, working remotely, or simply not having enough chances to connect socially. Add to that the realities of more screen time in our life and less face-to-face interaction amongst busy schedules, and it's easy to see why loneliness is becoming a growing concern.

We are hard wired to crave connection; it is a basic human need. Meaningful connection creates a sense of belonging and identity, as well as improving self-esteem, resilience, confidence and reducing stress. The important thing to remember is that while loneliness is common, it is not permanent. Small steps towards connection can make a big difference over time. Here are some key strategies to start taking steps towards reconnecting.

Start small: Reaching out doesn't have to be a grand gesture. Send a quick message, make a call, or invite someone for coffee. Micro-interactions throughout the day can help create connection so smile or say hello to people you meet during the day.

Find common interests: Use your passions and hobbies as a gateway to connect. Get involved in a hobby group, community event, or volunteering opportunity. If something in person feels too hard to engage in, explore online groups or forums with shared interests.

Build connection habits: Life can creep in the way of connection so try schedule a regular catch up or check in with friends, colleagues, or family. This could be virtual or in person and allows for intentional time to connect in the way that suits your needs.

Get physical: Exercise is a great way to boost your mood if you're feeling isolated and it can be a social activity too with lots of options for fitness classes, community sport teams and walking clubs.

Seek support when needed: If loneliness is affecting your mood, motivation, or daily life, reach out for professional support. Talking to a counsellor or psychologist can help you build confidence and personalised strategies to reconnect.

Keep trying: You may find that your first attempt at connecting isn't exactly what you thought it would be but that's okay! Keep trying and find a style that suits you.

To book an appointment with one of our counsellors, call or scan the QR Code



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