

## Wellbeing Poster

This week is the [Mental Health Foundation's](#) Mental Health Awareness Week. The theme this year is 'exploring the impact of loneliness', so our well being poster this week is taken from the Mental Health Foundation [website](#) and looks at how to cope with loneliness and improve your mental health.



Dealing with loneliness can be difficult. But there are things we can all do to cope and prevent some of the negative feelings and mental health problems that can come with it.

### 1. Try to do some enjoyable things that will keep you busy

This might be a hobby such as a bit of gardening, going to the gym, jigsaws, puzzles, knitting or even sorting out your kitchen cupboards. **Small activities can give you energy and positive feelings.** Be careful about working too hard or watching TV shows simply as a distraction. These will only delay or suppress your feelings and could actually make your mental health worse.

### 2. Try to do things that stimulate your mind

This can include taking courses or listening to podcasts on topics from comedy to fitness. This can be stimulating and something as simple as listening to the familiar voice of someone you like can help you feel less lonely.

### 3. Think about doing a physical activity

This can be as simple as having a walk in the park when you're feeling a bit overwhelmed or listening to music and do a bit of dancing around your living room.

### 4. Try to engage with the people you meet in your daily life.

It can be hard to talk to others when you're feeling lonely. However, **trying to connect with the people you meet as you go about your day can be helpful.** Even catching someone's eye and saying "hi" as you walk along can make you feel better. Or it could be about saying hello to the postwoman or postman or going to the shops and talking to the person at the checkout.



### 5. Find people that 'get you'

It can be hard to connect with others when you're feeling lonely. But there are great benefits in finding people who have been through similar experiences to you. **Interacting with others that 'get' you can give you a sense of belonging that may be missing.** Try local groups or social media.



### 6. Spend time with pets

Not only do animals provide us with unconditional love and support, they also help to give structure to our days and even encourage us to get out and connect with others. Interaction with pets is also shown to help reduce stress levels.

### 7. Try to use social media in a positive way

Finding digital communities, you share interests and passions with can help but be aware of how you feel when you use social media and focus on topics and activities that work best for you.



### 8. Talking therapies can help

Talking therapy can be hard to get – but if you can find a professional, it can really be of benefit. It'll provide you with a safe space to work through your feelings and thoughts without judgement. Check out your local resources by visiting [the NHS website](#).