

Dealing with Loneliness



The need to belong is the need to form and maintain strong, stable, interpersonal relationships. Loneliness is in response to the need to belong. Nearly everyone feels alone at some point. Good news is that it is only a temporary condition.

What is loneliness?

Loneliness is a feeling.

- You may feel lonely when you're alone and it seems you have no other choice than to be alone.
- You may feel lonely when you recall attachments you had in the past.
- You may feel lonely when you are facing changes in your life.
- You may feel lonely when there seems to be no one in your life with whom to share your feelings and experiences.
- You may feel lonely when you perceive that you're unacceptable or unlovable, even if others don't share your perception.
- Lonely students often report feeling depressed, angry, frightened, and misunderstood

What to do about it?

- Realize that loneliness is a common experience and that it can be changed.
- Look for ways to get involved with people.
- Put yourself in new situations where you will meet people and interact with others.
- Engage in activities that you enjoy or want to learn about.
- Be genuinely interested in others. Develop your social skills by getting to know others and letting them know you. Become a good listener, don't try to impress others.
- Join a club or organization. Go to the Student Life Office for a list.
- Remember that friendships need time to develop so don't try to rush one.
- Follow good habits such as good hygiene, nutrition, regular exercise, and adequate sleep.
- Find things to do that you enjoy doing alone.
- Remind yourself that loneliness will NOT last forever.

For further information:

www.counselingcenter.illinois.edu/self-help-brochures/relationship-problems/loneliness

<http://ub-counseling.buffalo.edu/loneliness.shtm>

To talk with a Bucks Counselor, call 215.968.8189 or email counseling@bucks.edu to schedule an appointment. It's free and confidential.

To talk with a Bucks Counselor, call 215.968.8189 or email counseling@bucks.edu to schedule an appointment.

It's FREE and confidential.