

FIND BALANCE IN YOUR LIFE TO COMBAT LONELINESS

Loneliness is a common experience that makes you feel alone and isolated, even if you're surrounded by others. You can feel like you lack meaning, purpose, direction, or that you lack meaningful connections with people.

Use these tips to help if you find yourself feeling lonely:

Quality Over Quantity

Who is in your circle of support? Reach out to someone and schedule an enjoyable activity.

- Go for a walk on a trail.
- Go to a local coffee shop.
- Play a game together on your phones.
- Watch a movie or have dinner virtually with friends.

Your Coworkers Count Too

Strengthen the relationships you have at work.

Find a Good Balance

Reflect on the five dimensions of personal readiness: physical, emotional, social, spiritual, and family.

- What do you need to stop doing?
- What do you need to start doing?
- What can you do every week to address this dimension?



If you are having suicidal thoughts, contact the National Suicide Prevention Lifeline at 1-800-273-8255 for support and assistance.

For more ways to strengthen your resilience, connect with us at:

www.armyresilience.army.mil

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