

Loneliness

MIND

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This page demonstrates a very empathetic understanding of loneliness and provides useful tips and contacts to help manage this feeling. The tips range from gentle ways to help yourself interact a little more to more direct approaches to feeling connected again.

TEDx Talk by Olivia Remes

<https://youtu.be/vZT-bB66ilk>

This video is approximately 12 minutes long but as with most TED Talks, provides some great insight into the subject of loneliness and sympathetically suggests strategies to help combat it along with an explanation as to why or how these can be helpful.

'Making Social Connections'

<https://youtu.be/x1EYcVpQeeE>

This video will show you ways you can build more social connection into your life which can be really hard when you don't feel like engaging with other people if you're feeling low or anxious.

For further support contact Catherine using the details below to see how you can work with Blue Sky Vitality.

07487 225035
catherine@blueskyvitality.co.uk
www.blueskyvitality.co.uk

