

## Overcoming Loneliness



It's normal to experience loneliness from time to time. The following are suggestions to help increase feelings of connection.

- **Join a class or club** to expose yourself to others who share a common interest.
- **Volunteer** to meet others who also believe in a cause that is important to you.
- **Join an online group** such as a Facebook or Meetup groups (taking caution with your personal information).
- **Strengthen relationships** that exist in your life currently by reaching out to people whose company you enjoy.
- **Adopt a pet** which can help open up a community of others who enjoy the company of pets.
- **Engage with others** you come into contact with throughout the day to increase social exchanges.
- **Consider seeing a therapist** if you feel lonely or anxious even when surrounded by others, or to develop strategies to feel more connected.

Contact your Employee Assistance Program (EAP) for a list of volunteer, class, club, and other social opportunities in your area. If you are interested in connecting with a counselor, your EAP can help with that as well.

Scott, Elizabeth. "How to Cope With Loneliness". Verywell Mind. Accessed December 23, 2022. <https://www.verywellmind.com/how-to-cope-with-loneliness-3144939>



### Your Employee Assistance Program

Anytime, any day, you have free, confidential access to professional consultants and online resources to help you be your best. To access these services, call or log on to get started.

**Toll-Free:**  
1.800.999.1077

**Website:**  
[www.EAPHelplink.com](http://www.EAPHelplink.com)

**Code:**  
DOUGLAS