

Overcoming Loneliness



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Introduction



Hey there, need a friend?

You came to the right place. Loneliness is an emotional epidemic; it feels like you can't win the battle of feeling isolated without forced friendships and social media binges. Lucky for you, you pushed past those unrealistic solutions. You are seeking help on your own, which happens to be the first step to working through your situation.

Loneliness comes in all kinds of different flavors. You can be lonely when you're with people when you're alone on your couch, or after a life-changing event, like a break-up or the loss of a loved one. With all of that in mind, you should know that the feeling of isolation is pretty universal. It's not fun, and it's easy to feel trapped in a vicious cycle of loneliness, but it is, nonetheless, a common feeling.

Before we really dive into everything, here's an important disclaimer: If you're ever feeling so lonely that you feel significantly isolated, or maybe even depressed, you should reach out for professional medical help. That's what the professionals are there for! There is nothing to be ashamed about when asking for help; in fact, it's an act of bravery and a hallmark of self-respect. Nothing shouts, "I respect myself" more than listening to what you need and being kind to your mind, body, and soul.

In this book, you'll discover a whole new interpretation of loneliness. You'll learn how to spot it, how to define it within the context of yourself, and ultimately, how to get yourself back to a better headspace. Let's start by understanding what it means to feel lonely and how that affects your mind and your body. Once we have a good understanding of that, you'll learn the surprising benefits of alone time. It's an experience and a feeling that makes you human, so it's important to treat it that way instead of with resistance and negativity. Finally, we'll address the question that's bugging us all: How do I deal with loneliness? This section will cover how to pave a path of overcoming your situation and using it as a learning experience for the future.

Now is the perfect time to stop the self-deprecation, curl up in a comfy spot, and read on to learn how to work through your circumstances. It's a journey that should be enjoyed every step of the way, so let's embark on it with hope and high spirits!

The Effects of Loneliness



Everyone at one point or another will experience loneliness, and like all feelings, its causes are unnumbered. You could spiral into a vortex of loneliness from anything: stress, loss of a loved one, a tragic event, or feeling isolated from friends and family.

Feeling alone doesn't equate to loneliness. It's important to understand that distinction. You should always separate those two states of mind because alone time is a good thing. In fact, it's a great thing.

Ever heard of Henry David Thoreau? A famous quote by him (although there are many) is this: *"The man who goes out alone can start today, but he who travels with another must wait until that other is ready."* Believe it or not, Thoreau embarked on his own self-journey when he committed to a solitary life in the woods. He came up with profound thoughts and wrote literary works that are still praised 150 years after his death.

He, like many, enjoyed alone time. You can too. Don't let the thought of being alone keep you from enjoying your life and learning about yourself while you're at it.

Now that we have a grasp on alone time, let's distinguish it from loneliness.

Loneliness is connoted with feelings of sadness and negativity. It isn't usually associated with a triumphant feeling of "I can conquer the world!" or "I know myself so much better now." Instead, the feeling of being lonely often equates to feeling empty.

With that being said, it's in your control whether or not you allow that feeling to consume you. Like most people, you'll naturally experience it from time to time, but you can minimize the negative effects it will have on your life.

First, let's understand what some of those effects are. This way, you'll have a grasp of what loneliness can do to you, which will feed your motivation to beat it. Then, you can nip those negative feelings in the bud as soon as you get an inkling that they're beginning to creep in.

Physical Effects

Impact on Your Eating Habits

Weight loss and weight gain are two ways that loneliness could impact your body. Does loneliness correlate to an instant change in your weight? No. But according to a 2012 research study, loneliness does have the potential to relate to a change in eating patterns, or even an eating disorder.

It seems counterintuitive that a feeling could result in two opposing effects: losing weight or gaining weight. But it's all because it depends on your body. Everyone's body is different, so the way you internalize is unique to you. If your feelings manifest in stress, you may be more likely to experience weight loss as a result. Weight loss is sometimes associated with an increase in stress. The more you stress, the less you eat, and the more your body burns calories because it's so consumed with being stressed out all the time.

On the other hand, loneliness sometimes results in weight gain when eating becomes a vice and a binge-driven hobby. If you're feeling sad or isolated, a pint of ice cream may feel like an instant remedy. This becomes a self-propelling cycle because you'll convince yourself that eating makes you feel better and relieves the painful feelings you are experiencing.

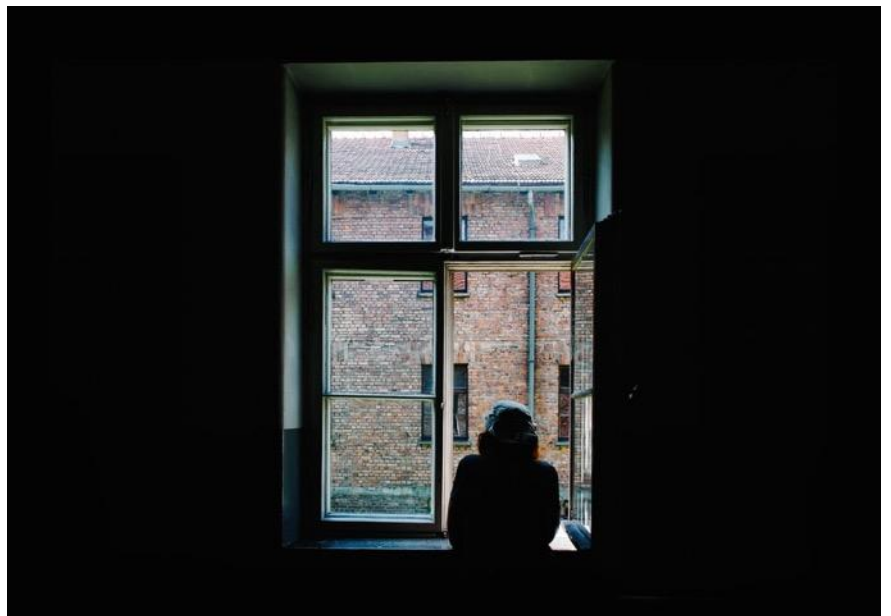
Here's the upshot: You should be cognizant of what's going on in your body, specifically when it comes to your diet and workout habits. If you're already feeling blue, don't let additional things bring you down because it will be more difficult to recover.

Increased Inflammation

What do you think of when you hear the word "inflammation?" Irritation, redness, and breakouts? Sure, those are some telltale symptoms of experiencing inflammation, but the science behind inflammation is simple: It's your body's way of defending itself. With inflammation, chemicals are being released into affected areas to ward off infection. As a result of all of those chemicals, you may experience redness, warmth, and irritation.

You may be wondering how that relates to loneliness. Like many psychological experiences, occurrences in the mind are often internalized in the body. Loneliness and inflammation are perfect examples of this.

This goes back to Darwinism—it's all about survival. In primordial times, our bodies were wired to think of loneliness as a threat. It meant we



were siloed off on our own, away from others who were in the survival pack. This threat triggered inflammation as a defense mechanism. Because of that, our bodies became wired to inflame when we felt lonely, and that reaction still prevails in today's world.

Risk of Developing Heart Disease

A 2018 study shows that social isolation is associated with heart disease and can be a predictor of premature death. We've all heard the phrase, "Dying from a broken heart," and loneliness is no exception to this trope. One key finding from this study was that in most cases, loneliness negatively affects mental health.

Loneliness has a snowball effect on most people. It begins with compromised mental health, which spirals into overall sadness and unhealthy lifestyles, and then that becomes a vicious cycle of self-pity. The tip of the iceberg is when it affects your heart, putting you in jeopardy of heart disease or even a shortened life expectancy.

The thing to watch out for with some of these physical effects (especially something like an increased risk of heart disease) is how silently they creep up on you.

Stress, Stress, and More Stress

A common thread between loneliness and physical effects is stress. Stress is the root of most of these physical afflictions, and it's easily swayed by a person's socialization patterns. A study by *Psychology Today* tells us that stress is more common in those who limit their social interaction. In other words, the less you interact with people, the more you may feel stressed in other aspects of your life.

Psychological Effects

Mind Over Matter



When you begin to experience a new or foreign emotion, your brain delves into every facet of the feeling. It is rarely a feeling that comes and passes. Instead, it is usually a full-blown emotion that every ounce of your being seeks to experience. That's part of being a human—categorizing different feelings and understanding our own unique response to them.

The same goes for loneliness. It's all in your head. And unfortunately for those who are feeling isolated, the feeling becomes a never-ending series of varying levels of loneliness. In fact, the average person experiences 48 days of loneliness per year.

It's critical that you understand that it's the thoughts you have about loneliness that perpetuate the cycle. That is good news because it means it's under your control. It's something that you can easily manage, and while it takes time to get to a place where you are comfortable in your own skin (alone or not alone), it is feasible.

Depression

Depression isn't a direct result of loneliness, but it's a psychological disorder that sometimes comes from being lonely. Depression is a mental illness that hails from many factors, so if you're experiencing loneliness, you should be on the lookout for signs of depression.

Once you're in the cycle of loneliness, getting out of it can be a bear. In order to avoid toggling between extreme highs and lows, you'll want to find a middle ground that keeps you feeling balanced. That typically means confronting your feeling of isolation and coming up with a

game plan on how to embrace it as alone time rather than involuntary loneliness. We'll provide you with some strategies to help you put a plan in place later in this eBook.

Alcoholism

You should never get to a point where pouring a few extra glasses is the solution to your problems. It feels like a simple solution, but it is more destructive than it is helpful. Now, it's one thing to treat yourself to a glass of wine or maybe your favorite beer, but you shouldn't be drinking to make yourself feel better.

More than 27 million individuals suffer from alcoholism, and because of alcohol's addictive properties, it's something that everyone should be cautious about. The stakes are even higher if you're already in a shaky emotional state, so be in tune with yourself and know when enough is enough.

Social Isolation

Remember that snowball effect we talked about? The same goes for social isolation. Once you feel lonely and your self-esteem levels are compromised, you may feel less inclined to meet up with friends or put yourself out there.

That doesn't mean you should throw yourself into any and every social situation that exists. In fact, at a time like this, you should take time to discover who lifts you up and empowers you as a friend and supporter. Be picky about who you spend time with!

The times when you feel most alone afford you the ability to reset and change your life course. Examine those who bring you fulfillment and joy; on the flip side, think about how you contribute to your friend and family circles. It's this fulfillment and a sense of purpose that will nurse your void of social interaction back to a healthy spot.



Behavior and Disposition

Loneliness overlaps with all types of feelings and states of mind. You may notice a change in your work ethic, or maybe your creativity levels drop. Some studies even show that people who feel lonely tend to under-perform on assessments and exams.

It's unlikely that you'll notice all of these effects at once, but if you're beginning to see some signs of them in your daily life, it's a good idea to be proactive and try to understand how to defeat the feeling of being lonely and isolated and find ways to combat it.

Would you be surprised to know that despite these not-so-desirable effects of loneliness, there are also some benefits that come from being alone? Keep in mind, these benefits don't erase the other negative effects; those are still potential effects of loneliness that could be experienced if you don't work towards reaching a happier state of mind. With that said, it's important to know that there are pros and cons to every story so that you can focus on the good and work towards eliminating the not-so-good.

The Surprising Benefits of Being Alone



We're not going to dismiss your negative feelings with a big red bow and a card labeled "Benefits." Even if there are a number of positives that come from alone time, we implore you to continuously work towards achieving greater happiness.

With that being said, let's revisit what we talked about earlier. Remember the quote from Henry David Thoreau? Loneliness does not mean being alone. So rather than being hard on yourself for having extra alone time on your hands, you can use it to explore who you are and who you want to be. Believe it or not, the benefits begin with making this distinction. When you know where you stand on the loneliness-to-alone-time spectrum, you're more able to avoid any unnecessary emotional ravel that come along with self-exploration.

Loneliness vs. Being Alone

Let's look at a few different examples of loneliness vs. being alone to ensure you understand which category your feelings belong to.

Lonely: After getting home from a work event, you turn on the TV and pour yourself a glass of bourbon. You didn't enjoy the event, and you feel like no one likes you. You continue drinking throughout the night so that you're able to forget the sadness you feel.

Being alone: You get home from a work event and start reading a new book. You enjoyed the party, but lately you've just been feeling like you need more time to yourself. Sometimes the house feels quiet and empty, but you're really learning more about yourself, and you feel like you've needed this time after a long day.

Lonely: You're at lunch with a group of friends. All you can think about is how uncomfortable you feel. "Did I say something weird?" "Is she looking at me like she doesn't like me?" You feel like an outsider, and you just want to escape this scenario and retreat to your house.

Being alone: You're eating lunch by yourself at a nice, quiet park. The birds are chirping, and you're watching families run around with their kids and pets. You think, "One day, I'd like to get a dog," but you're perfectly fine with no dog for now. You enjoy your lunch, pack up, and head back to work for a productive afternoon.

Lonely: Recently, you've been feeling sad, and you don't know why. You haven't talked to your friends or family in a while; in fact, most of the time you ignore their calls or texts. You can't

quite shake the feeling that something is off, but you also can't pinpoint what it is. You've been unhappy at work, and sometimes you feel like you're underperforming because you lack the motivation to work hard.

Being alone: One of your friends just called you, but you hit the “ignore” button for now. You're in the middle of a new writing project, and your ideas are flowing endlessly, so you know your friend would be a distraction. You mark time in your calendar to call her next week.

After all, there is a difference (a huge difference!) between loneliness and being alone. To summarize, being alone is spending time by yourself and being content with it. Loneliness is a more volatile feeling, and it leads to other feelings of self-deprecation and sadness.

Benefit: Self-Actualization



Have you ever heard of self-actualization? You may recognize the word from a psychology class, but it's important to know the story behind this concept. It's a big part of alone time, so let's dive into the explanation and benefits of self-actualizing.

In the mid-1900s, American psychologist Abraham Maslow created a pyramid that displays the hierarchy of human needs. The most basic level, as you can probably guess, covers all survival

needs: food, water, shelter, etc. At the top of the pyramid is self-actualization, which is a need that many people don't get to fulfill in their lifetimes.

Self-actualization is the ability to reach your fullest potential of fulfillment, meaning, and purpose. It means understanding yourself on an emotionally deep level and being happy with who you have become and who you continuously aim to be.

So, what does that have to do with alone time? Well, it takes time to get to know yourself, and a lot of that time comes from being alone. When you're spending time by yourself, view it as uninterrupted time to get to know yourself better, and to set goals for yourself. Social time, while fun, can be distracting, and it creates influences on you and your behavior. When you get some time alone, you don't have to worry about pleasing others or being judged by others—instead, it's just you.

With all of this in mind, you can view alone time as one step closer toward self-actualization. Wouldn't it be great to get to that point?

Benefit: Independence

Have you ever spent so much time with someone that you're craving a night all to yourself? Try to keep this in mind the next time you view your alone time as lonely time. It feels good to have all the freedom in the world to do what you want and be who you want to be. That feeling of independence comes with every instance of alone time, so you should be grateful that you have it.

Sometimes, when we spend too much time around people, we feel like we are out of control. It feels like your actions always have an impact on others, and vice versa. You may even have to plan your day around others, which puts restrictions on your time and your schedule. If you're living alone or going through a period of spending time to yourself, you don't have to plan around others or worry about how you'll be affected by friends or family.

Independence and confidence go hand in hand. There's nothing that screams confidence more than knowing "I can do that!" and ultimately, that idea comes from within. You may take compliments to heart, or your social circle may support you, but the core of confidence comes from you. Two benefits in one!

Benefit: Productivity



Picture this: You're working on a new creative project, and you meet up with a friend at a coffee shop. You're both working on separate things, so you figure it'll be a great set up, working side-by-side but keeping to yourselves. All of a sudden, your friend starts talking to you. Three hours later, you realize you haven't even finished half of the work you were hoping to complete.

Distractions like this can be pesky. If you reframe alone time as an opportunity to get things done and motivate yourself to be your best version, you'll see an increase in productive work.

How to Deal with Loneliness

At this point, you know the difference between loneliness and being alone. You've learned the benefits of alone time, so hopefully you're more eager to fit in some time for yourself every now and then. You also understand the effects of loneliness, which is why you're probably hoping for some insight on how to actually deal with it to eventually overcome it.

Dealing with loneliness begins with you. It seems obvious, but you'd be surprised to know how many people turn to external factors to cope with their feelings. Living in the digital world isn't always easy because we've become so addicted to the opinions of others. Whether it's a scroll on social media or waiting around for a text message, these behaviors reinforce the idea that people depend on their screens for affirmation. Here's the thing: Your feelings are real; your digital objects are not. Key in on your experiences and try to cut through the noise of technology—especially when you're working through something like loneliness.

Where do you begin? This is a great question, and it's one that has many right answers. You can begin wherever you want to. Begin where it feels right. Begin with what makes you most happy or excited. When you're feeling down, you should always capitalize on the most positive, exciting experiences in your life. So whatever makes your eyes light up is where you should begin.

There's a whole list of ways to overcome loneliness, so as long as you remember that you are the main influencer in your situation, you can take on as many (or as few) of these recommendations for your situation:

Admit it, Accept it, and Move on

When you realize you are experiencing feelings of loneliness, the first thing you can do to help your situation is to be honest with yourself. Admit to yourself that you are feeling lonely and

assure yourself that it's okay. Feelings are normal, and they ebb and flow throughout life. You don't want to hide from these feelings; instead, just acknowledge them as valid and perfectly acceptable to be expressed.

Once you've accepted that you're feeling this way, move on from it. Don't linger on it or dwell on the sadness that comes along with being lonely but get ready to move forward.

Connect with others



If you find yourself straying from social interaction, friends, or family, make an effort to make new connections. You guessed it—that means putting yourself out there. It's intimidating at first, but after a few handshakes and coffee dates, it'll be first nature. Meeting new people opens your mind to new possibilities and reminds you that the world is just as large as it is inviting. There are so many ways to connect with other people, so we've narrowed it down for you.

- **Volunteer in the community**

Getting involved in the community makes your world feel more local and connected. In addition to that, volunteering is a feel-good act that reminds you that you can make an impact. With volunteering, you can pick a service that brings you the most joy and puts your talents and skills in action. Take some of your alone time to reflect on what impassions you, and then go out there and start volunteering! There are websites that can help you find just the right opportunity for you.

- **Pick up a workout class**

44% of adults regularly exercise in groups, so this is a great way for you to mingle with people close to your age. Exercise is a proven way to reduce stress and boost your health. It's hard to feel lonely in a packed gym!

- **Get involved in other community organizations**

If volunteering isn't for you or you'd like to socialize more within your community, look into community organizations to join. There are tons of ways to get involved, from book clubs to neighborhood committees to professional networking clubs.

- **Take a free class at a community center**

While you're getting involved with the community, take advantage of free perks from your local community center. You could take a free class, which allows you to connect with like-minded people and learn a new thing or two. Most community centers or fire stations offer CPR/First Aid classes, so you have the chance to get certified in something that really makes an impact.



Embrace the Alone Time

Perhaps you're really not feeling up to spending time with others right now, or maybe you have spent time with friends and family, but the lonely feeling is still persisting. If either of these is the case, you may want to consider embracing the alone time.

It's not a simple task, and it will take time and patience to get to a point where you are truly content with your alone time and all the feelings that come along with it. Throughout the process, it's important to remember that it does come from within. You should always be working toward this sense of satisfaction with yourself, but don't be too hard on yourself if it takes you some time.

How do you embrace alone time? First, you see it as an opportunity. Try to rid your mind of the hesitation and fully embrace alone time as a chance to get to know yourself, work on yourself, and eventually get where you really want to be. Some things take time in life, and this process will certainly be no exception to the rules.

As you spend more and more time with yourself, you're able to eliminate the noise that comes from society and its restraints. You won't be thinking as much about what people will think of you or how you should impress others. Instead, you're thinking for yourself. This isn't something you'll always be able to have. In fact, most of your life will be spent surrounded by people.

Start a New Hobby

Now is a great time for you to expand your interests and try out new hobbies. A hobby will take your mind off feeling isolated, and it will keep your days full and productive. Not sure where to start? Here's a list of possible interests that could expand into a hobby:

- Learn a musical instrument
- Get better at cooking
- Learn a new language
- Take on a craft or project
- Work on your photography skills
- Write in a journal to document your experiences
- Set fitness goals for yourself
- Buy a canvas and start painting

Work on Your Home

If you're feeling down, check out your house to make sure it's a space that is lifting you up and bringing you comfort. It shouldn't feel like it's just where you rest your weary head. It should feel like home.

If your home is a place that makes you feel lonelier, it's probably time to make a change. You shouldn't feel a wave of gloom pass over you every time you walk through the door. Your home is where you start and end your day, and it's important to capitalize on those moments. Not to mention, this is where you recharge. Your recharge zone certainly should be one that gives you energy and makes you feel happy.

Working on your home doesn't require a total redesign, nor does it mean you need to spend a lot of time on it. Rather, it should be a fun project to work on when you're inspired. Your decorations should match your personality and bring you happiness. Your walls should comfort you, not overwhelm you. These things don't take a lot of time or money, but they're integral components of piecing together a lovely abode.

Finally, try to minimize what you have. If you have extraneous objects or materials lying around, take time to clean and sort through what you can possibly get rid of. Minimalism helps clear the mind, just like clutter can lead to feeling overwhelmed. If you're already experiencing an undesirable feeling, the last thing you want is to have even more of those negative feelings piling up on top of each other. With these things in mind, you can set up your life in a way that makes it feel easier to conquer.

Stop Comparing to Others

How many times have you been told that the grass is greener on the other side? It is human nature to feel this way, so don't beat yourself up about engaging in this thought process. That being said, there is a point where comparing to others becomes unhealthy. When you're not ecstatic about your current life phase, comparing it to others' is the last thing



you should do. Paradoxically, it also may be the first thing you're inclined to do.

Comparison is a trap. The first research studies on comparison, dubbed “social comparison theory,” date back to the 1950s. The findings tell us that we compare to others so that we can evaluate ourselves. As humans, we like to sort things into categories. When we compare, we're really just sorting and forming understandings about who we are in the context of others. Now that you know a little bit of what's going on in your brain when you compare yourself to others, you can try to refrain from this habit.

When you feel isolated, you could conjure up all kinds of ways to compare to others. With the advent of social media, many people look at followers, likes, friend counts, and other metrics to judge how many friends someone has. If you're already feeling lonely, don't let this be a routine for you! It will only exacerbate those feelings of loneliness, which is completely unnecessary. If you need to put a limit to how often you use social media, do it. Do whatever you must do to ensure you're focusing on yourself and refraining from making comparisons.

Give it Some Time

The millennial mindset is one that frequently seeks instant gratification. With communication and networking capabilities constantly at our fingertips, we're used to getting answers quickly. Not to mention, we're used to making progress and then measuring that progress quickly. When it comes to your disposition—or in this case, a feeling of loneliness—progress won't be as quick, but it will happen.

It takes time to build friendships. In fact, one 2018 study determined that it takes about 50 hours of quality time for the average person to develop a friendship. Even if it isn't a friendship that you're seeking, it takes time to work on yourself and get out of a funk.

Determine What Belongs (And What Doesn't Belong) in Your Life

While you're being introspective, you may want to step back and reflect on your life as a whole. There are always ways to improve your life, so take some time to prioritize the people, habits, and possessions that you'd like to keep in your life because they bring you happiness. While you're at it, think about things that might not belong in your life.

If you're communicating with people who bring you down, they may not belong in your life right now. You may be glued to a TV show that makes you sad; in that case, it may not be a fit for your current lifestyle. When was the last time you purged the clothes in your closet? Some of these items may come with memories that you don't want to hold on to any longer, so get rid of them.



Treat Yourself

Devote some of your time to self-care. Loneliness comes from within, which likely means you're not being as kind and compassionate to yourself as you could be. In order to feel comfortable and connected to the world, you have to feel connected to yourself.

Keep in mind: Treating yourself doesn't mean indulging in bad habits frequently. It's often mistaken for being an excuse to do whatever you want—eating unhealthy foods and spending copious amounts of money. Rather than venturing down this negative path, take the high road by incorporating some of these self-care activities into your life:

- Make plans for a spa day
- Cultivate positive self-talk
- Go out to dinner for your favorite meal
- Drink lots of water and take vitamins (the healthier you feel, the better you feel!)
- Take a walk in a park or at the beach

- Go to a photography studio to get portraits done
- Try out a new skincare routine
- Attend a play or Broadway show
- Admire beautiful art at a museum
- Write inspirational quotes on your bathroom mirror

Remember That Nothing is Forever

“The only constant in life is change” is a quote that should resonate with you in this time of your life. Think of this loneliness as a life phase, not forever.

When you're feeling negative emotions, you may default to wrapping yourself up in those emotions, which results in a suffocating experience where you feel completely trapped. Will I always be lonely? How long will this go on? These thoughts are paralyzing, so don't let your mind go there. Remember: You can manage the thoughts that go on in your mind. After all, you're the one who is doing all of that thinking! Disrupt the thought cycle when you notice it.

You're probably wondering how to do that. It's easier said than done, right? Like most things, it will take time and a concentrated effort. Consider setting up a mini system of rules for yourself. Every time you venture down the rabbit hole of lonely thoughts, snap an elastic band on your wrist. Or put a quarter in a jar. This is called negative reinforcement, and it is a self-managing way of training your mind to do the right thing for you. In this case, doing the right thing means ridding your brain of the negativity. Whatever your negative reinforcement is, make sure it's something simple enough to practice but impactful enough to make a difference.

On the flip side, you can try out positive reinforcement technique to reward yourself every time you think positive thoughts or instill confidence in yourself. Perhaps every time you stop yourself from spiraling into a cycle of negativity, you eat a piece of your favorite chocolate—the kind you only buy for special occasions. It may sound silly, but it's all about treating

yourself with kindness and reminding yourself that nothing is forever. This will pass, and you have no reason to attach yourself to these feelings permanently.

What Can be Done to Fight Loneliness?



Dealing with loneliness and fighting loneliness are two entirely different things. When you deal with it, you acknowledge that it is there, and you accept it. You adapt accordingly, and you learn ways to work through the phase of being lonely, knowing that it isn't a permanent feeling but also allowing yourself to feel it.

Fighting loneliness, on the other hand, is actively working against becoming lonely. This is proactive and preventative. If you spot signs of becoming lonely, you use these tactics to stop the feelings before they take over you.

Get busy!

It may seem like an avoidance tactic, but it's not. Occupying your mind with activities is a tried-and-true way to ward off any impending feelings of isolation. It's a healthy distraction to stay busy with wholesome and exciting events, interests, or activities.

Fill up your social calendar

We've discussed the importance of embracing alone time, and that's incredibly important. There's nothing stopping you from reaching out to people when you begin to feel like you've had enough solo time. When you're actively working against becoming lonely, this is a great place to start.

Reflect on the last wave of loneliness

You came, you saw, you conquered. You're already experienced with these feelings, which is exactly why you're trying to prevent them from resurfacing. Why not reflect on the last wave of loneliness you experienced? Think about what you did well to overcome the negativity and think about what you learned you could do better.

Remember: These tips on fighting loneliness are helpful, but the best thing you can do for your psyche is to embrace what you're feeling and learn how to work through things in a positive, healthy manner. It's normal for this feeling to come and go sporadically. It's recommended that you cultivate a blend to your approach—by simultaneously dealing with loneliness and preventing those feelings from returning.

Conclusion



Now that you have an understanding of what's going on in your mind, how it could affect your body, and all of the potential ways to overcome it, you're in control of your own destiny. Did you ever realize how many people have experienced something similar to what you're going through? That's not to trivialize your situation; your feelings are certainly valid. Instead, it's a comforting realization that you are not alone. You may feel lonely, but you are certainly not alone in this battle.

Go forth and conquer the day. There will be ups and downs, but as long as you work towards dealing with your situation, empowering yourself, and searching for positivity, you will be on an upward trajectory toward contentment with who you are.

Get out there and learn about yourself. Learn to love yourself and be friends with yourself. The rest will fall into place.

About The Author

Connie Ragen Green is a bestselling author, international speaker, and online marketing strategist who is dedicating her life to serving others as they build and grow successful and lucrative online businesses. Her background includes working as a classroom teacher for twenty years, while simultaneously working in real estate. In 2006 she left it all behind to come online, and the rest is history.

She makes her home in two cities in southern California; Santa Clarita in the desert and Santa Barbara at the beach. In addition to her writing and work online, Connie consults and strategizes with several major corporations and some non-profits, as well as volunteering with groups such as the international service organization Rotary, the Boys & Girls Clubs, the women's business organization Zonta, and several other charitable groups.

As the recent recipient of the Merrill Hoffman Award, presented to Connie by the Santa Barbara Rotary Club, being honored with this award has strengthened her resolve to serve others around the world in any way she is able to by using her gifts, talents, and experiences in a positive and sincere manner. Her online business is the vehicle for this and Connie continues to serve entrepreneurs, authors, and speakers, both new and seasoned.

