

Mental Health

FOUR

# Conversations Around Loneliness and Mental Health

# What helped?

(1) Small steps, small goals

*"Take small steps and set yourself very, very small goals in terms of trying things or dipping your toe in to connect with other people."*

*"Start with where you're at. Who are the people that you do have? What are the relationships that you do have?"*

(2) Developing a positive relationship with yourself

### (3) Relating to other people

*"Listening to people and asking questions, and giving to people. Those elements tend towards a more holistic situation where you are more full, more satisfied."*

*"I'm trying to focus on the things that I can control. With loneliness, what I can control is who I'm around and who I feel most comfortable with, so not hanging on to these friendships that make me feel even more lonely, even more isolated."*

*"I've become a lot more willing to, not drop friendships, but not try and force friendships to be the kind of relationships I think they should be, and just let them be what they are."*

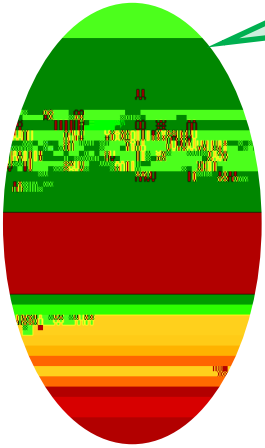
### (4) Finding the connections you need

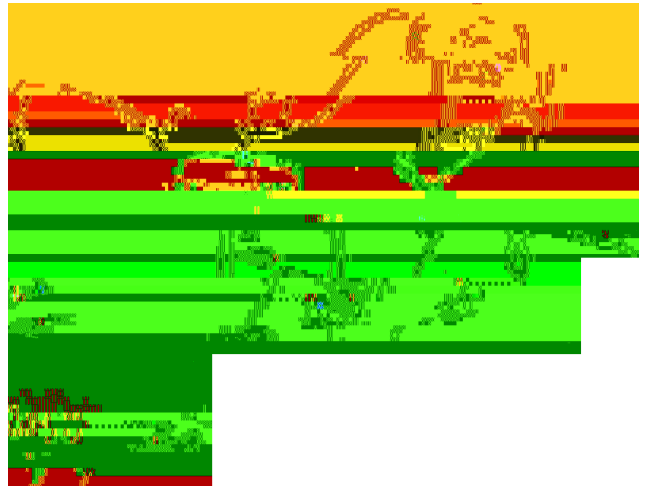
*"Phone a friend strategy is definitely the main one for me and it's not just loneliness, it's from a pure mental health point of view."*

*"Structured socialization [e.g. going to an organized activity with others]... gives you a purpose so that you feel compelled to keep going and make friends and stuff, and be sociable with other people."*

*"I made a point of trying to go out each day. Just for a walk around the village, and I'd go to the park and it got me talking to other mums and dads by the swings. I made a really good friend from that. And she ran the mums and toddler group, so from that I was able to meet other parents."*

(5) Trying to do stuff that interests & inspires you





What if it doesn't help?

# What we learned

