



Banish Loneliness from Your Life

At some point, most of us have experienced a sense of melancholy. This is a natural part of life. But sometimes, loneliness can feel overwhelming. ***If you find yourself feeling lonely often, you might want to consider making some lifestyle changes.***

Boosting social contacts in your daily life, having favourite alone-time activities, and getting out and about are a few methods that can help you deal successfully with loneliness.

Try these coping techniques to banish your loneliness:

1. Call somebody. It's hard to feel truly lonely when you're talking with someone.

- Make a point of reaching out to others in some way at least once a day.
- Another person is as close as your phone. Hearing a warm, friendly voice is encouraging when you feel lonely. Plus, finding out about a close friend or family member's everyday life is a wonderful diversion.

2. Consider inviting someone you care about to coffee, lunch, or dinner. Making such a date provides something for you to look forward to.

- Plus, ***spending time with loved ones is the best medicine for fighting loneliness.***

3. Join a club or group. Perhaps you're feeling lonely because you live a solitary lifestyle. Try joining a group or club of people who engage in activities you already enjoy.

- Consider a book discussion group if you love to read or a bird watching club if you enjoy nature and birds.
- Your goal is to have consistent contact with others, even if it's only once or twice a week.

4. Make a list of activities you like to do when you're home alone. Engaging in a favourite hobby or activity can bring you joy and help you deal with loneliness.

- Make a conscious decision to take part in at least two of those pursuits each day.

5. Look around your home to find a home project. Refresh an area of your house by painting, re-arranging furniture, or creating a small sanctuary space that brings you joy. This will lift your spirits.

6. Get out and about. Take a walk. Go for a jog. Take a drive. Go window-shopping.

- When you do these activities you'll most likely come into contact with other people, even if it's just to say, "Hi."

7. Exercise regularly. The comforting ritual of taking a walk each morning or doing your aerobics DVD each afternoon after lunch can help to keep your spirits up.

8. Think positive. Thinking positively goes a long way toward coping with any challenges in life.

- Remind yourself that you'll get through this difficult experience and come out feeling better than ever.

- Reflect on other challenges you've successfully made it through.

9. Remind yourself that, like most things, this experience is temporary. *Loneliness is something that you can move through and resolve.*

10. Volunteer to help others. A wonderful way to make new friends, learn new skills and make a difference in another person's life is to volunteer.

- Your choices are numerous, from delivering flowers and newspapers to patients in hospitals to stuffing and mailing envelopes for a social service organisation.

11. If your loneliness isn't resolved in a reasonable period of time, seek professional help.

- Call a counsellor to speak individually about anything that's troubling you.

- Try attending a therapeutic support group.

Although you might experience lonely feelings periodically, you can take active steps to live your best life ever. By applying the tips above, you can successfully deal with any sadness that comes your way.

To listen to a sample or purchase the MP3 for Banishing Loneliness that accompanies this Mind Guide, please [click here](#) (available shortly)

8. Tend to your health. Maintaining a healthy weight makes you less susceptible to a myriad of health issues. You'll also look good, feel good, and increase your confidence by maintaining a healthy weight. Start changing your body today by becoming more active.

9. Do it now. Why wait until tomorrow? Changing your life starts with this one simple step. Therefore, refrain from depriving your health the benefits of leading an active lifestyle any longer.

10. Dust off your old tracksuit and go for a brisk walk around the park. Even if you haven't been active for quite a long time, a brisk walk is gentle enough, yet potent enough, to make a difference in your weight if followed regularly.

11. Get into the outdoors. It's far more inspiring and rejuvenating to exercise in the great outdoors when compared to staring at the blank grey walls of a crowded gym.

As you can see, changing your life can require an action as simple as creating an account with WordPress.com or going for a walk in the park. The one thing required in all of the tips mentioned above is consistency.

If you simply start a blog, tell a friend that you're parting ways, or exercise without any real consistency, you won't experience a significant change. Start changing your life today and remain consistent for lasting results. ***If you want it, chase it;*** taking the first step can change your life forever!

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