



Feeling Lonely

- Feeling lonely is an uncomfortable sense of separation - of not connecting with other people.
- Anyone can feel lonely and it can happen for lots of different reasons:
 - Being away from home
 - Feeling different to the people around you
 - Having problems with friends
 - Feeling you're not as good as others
- Feeling lonely is not nice but there are things you can do to help:
 - Joining a club or activity
 - Telling someone about how you feel
 - Trying to chat to more people
 - Looking for the good in people - finding the things that you like about them
- Feeling lonely happens when we don't connect with other people. It is an uncomfortable feeling but we can try to do something about it.

