

Thrive 365

Dragonfly: Impact Education



Did you know?

In a 2019 survey, 16% of people in the UK said they didn't have anyone they felt they could rely on if they had a serious problem. Today, 45% of adults and 43% of children feel occasionally, sometimes or often lonely in England. Nearly a quarter of parents say they are always or often lonely.

The issue of loneliness is huge in our society and a study conducted by Cigna suggested that it has the same impact as smoking 15 cigarettes a day. But when some people say they feel lonely even when they're with people, what can we do?

1 Share feelings

We often feel lonely when we don't share feelings with people. Make it a priority to share your feelings with someone every day as this will encourage them to do the same. This connection will ward off feelings of loneliness.

There are free and online text and counselling services to help with this if you don't feel you have someone to confide in, including: Kooth and Shout for young people and Samaritans and Mind for adults. (Links at the bottom of the page).

2 Work out why

Loneliness is not the same as being alone, so if you feel lonely, ask yourself whether it's due to lack of contact or lack of close contact. If it's the latter, consider who you could open up to and make an effort to make a closer connection.

Opt for spending time with fewer people, 1:1 and try to interact in person, rather than only through social media or text. Ask a friend to go for food or a coffee, a walk, or to the cinema. There's no need to open up unless you want to - it's about spending quality time with someone who makes you feel good.

3 Connect with nature

If you are spending a lot of time alone, prioritise going for a walk in nature. Sometimes, experiencing the sights and sounds of the natural world can reduce feeling of loneliness.

If you can get out with a friend, that's great, but (even though it sounds counter-intuitive) going for a walk in nature alone can make us feel less lonely as it can make us feel connected to the world around us and a part of something greater.

Talk to someone:

- <https://www.mind.org.uk/information-support/tips-for-everyday-living/loneliness/useful-contacts/>
- <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
- <https://www.kooth.com/>
- <https://giveusashout.org/>

How we help schools: www.dragonflyimpact.co.uk



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