

Seven ways we can connect with others

- **Catch up with old friends**

Reach out to your friends to let them know you're thinking of them. We can sometimes think that our friends will be too busy to chat. But you might be surprised when you make the first step to connect.

- **Get to know other people**

Why not join a local group or class based on your interests? Enjoying your hobby or learning something new can be a fun way of making new friends.

- **Volunteer in your local community**

Volunteering is a great way to meet new people. You can also develop your own skills and interests.

- **Spend time outdoors**

Going outside regularly, be it in your garden or a walk to the park, is a great way to boost your mood. It can help us to feel more connected to our neighbourhoods and the world around us.

- **Little steps make a big difference**

Say 'hello' to a neighbour or a person at the bus stop. Small chats can go a long way in helping us to feel more connected with others. You also might brighten someone else's day.

- **Focus on the good things in life**

When we feel lonely, we can sometimes get into a negative frame of mind. Focusing on the good things in life can help us to feel more positively about ourselves and the people around us.

- **Don't keep it to yourself**

Talk to someone about how you feel, whether that's a trusted friend, family member or your GP. Your GP can connect you with activities and further support in your local community. You are not alone.