

## Additional Resources

There's an organisation called Mind which has some great tips on what to do when you're feeling lonely. They are:

1. Think about what is making you lonely: Try to pin-point why you're feeling lonely. Is it because you've moved to a new school or town and haven't met anyone yet? Is it because you don't see or talk to people much? Is it because you don't feel understood or cared for? Figuring out where it's coming from can help you to face the loneliness head on.
2. Make new connections: Although it can be difficult, if you're lonely have a think about where you can make new connections with friends! Could you join a club at school, or start a new hobby, for example?
3. Open Up: Tell someone how you're feeling! Whether it's a parent, sibling, youth-worker, teacher or friend. Opening up about it can help massively. Let the people close to you know how you feel.
4. Take It Slow: Do things in your own time. No one is expecting you to instantly turn up to school and befriend everyone by lunch-time. Take little steps such as sitting with people at lunch or sending someone a message.
5. Be careful when comparing yourself to others: It's so easy to compare our lives to those of the people around us - especially if we're on social media! But remember that what we see isn't the whole picture and we shouldn't compare ourselves to anyone else
6. Check how you're feeling: Is your loneliness affecting your sleep, eating, happiness, school work etc. Take time to check in with yourself and see if there's anything you can do to help. Eg. eat healthier, do things that you love to do
7. Get some help: Although you're feeling lonely, you don't have to do this alone! Reach out to other people and let them know you'd like some help.
8. This is our own added tip: remember what you've learned about God and how He is always with you, no matter what, and that He loves you. (John 3:16, Deuteronomy 31:6)