DEALING WITH LONELINESS

Balance a three pronged approach:
A. Initiate contact with people
B. Use your aloneness for **"Creative Solitude"**
C. Finding Ease with Yourself.

A. Take <u>initiative</u> in reaching out (remotely) to people, including, friends who dropped out of your life, relatives you stopped talking to, etc.

Reach out to neighbors, even if you do not know them well, and schedule "sit outside and chat" visits.

Read how others feel and to share your feelings about loneliness, at: <u>https://twitter.com/hashtag/aloness?lang=en</u>

Join and chat with other people all over the world who are currently isolated, via <u>https://quarantinechat.com</u>

Join an online book club, such as:
 <u>https://www.goodreads.com/group/show_tag/bookclub</u>

Volunteer Activity (done virtually)
Convert your need to receive socially to finding a way to give socially

<u>https://www.volunteermatch.org/covid19</u>
<u>https://www.onlinevolunteering.org/en</u>

Gaming - Try multiplayers online games. Playing together can, and does, lead to socializing and friendships from all over the world. Some of these games attract more of the older crowd. With many grandkids this is the best way to stay in touch and involved.

Adopt a Pet
<u>https://www.adoptapet.com/</u>

B. Reframe your situation as time for **"creative solitude"**. use alone time to develop and strengthen skills, interests, and hobbies. Possibilities are endless.

C. Can you find **Ease in Aloneness**?
Check out Krista Tippett's interview with Stephen Batchelor about the issue in the **Buddhist** tradition.
<u>https://onbeing.org/programs/stephen-batchelor-finding-ease-in-aloneness/</u>
It teaches you how to reflect, get to discover aspects of yourself, and in the process develop ease with who you are, and in aloneness.