

Navigating Loneliness: Embracing Solitude and Building Connection

Loneliness is a common experience, yet many people struggle to recognise its causes and impact on wellbeing. This webinar helps participants explore what loneliness is, understand its modern paradox of being more connected yet feeling isolated, and identify common causes and effects. Participants will learn to recognise key internal and external signs of loneliness in themselves and others, and understand when it may become a concern.

The session also provides practical strategies to combat loneliness, including balancing solitude and connection, reframing unhelpful thoughts, building meaningful social interactions, and cultivating mindful digital habits to foster a stronger sense of belonging.

Learning Objectives

- Explore what loneliness is, its causes, and its impact
- Recognise key signs of loneliness in self and others
- Apply practical strategies to combat loneliness

Content Outline

Understanding Loneliness

- What loneliness is (and common misconceptions)
- The modern paradox: being more connected yet feeling isolated
- Common causes of loneliness and its impact on overall wellbeing

Recognising the Signs of Loneliness

- Internal signs and external manifestations
- Using the three factors of loneliness to evaluate when loneliness is an issue

Strategies for Connection and Meaningful Interactions

- Balance Solitude & Connection
- Shift Perspective About Loneliness
- Adopt Connection-Building Strategies
- Prioritise Digital Wellness