

Navigating Loneliness: Embracing Solitude and Building Connection

Key Takeaways

1

Loneliness v.s. Social Isolation

Loneliness

A subjective feeling state of being alone, separated or apart from others. Conceptualised as an imbalance between desired social contacts and actual social contacts.

Social Isolation

The objective absence or paucity (minimal engagement) of contacts and interactions between a person and a social network.

2

Signs of Loneliness

Internal Signs	External Manifestations
Changes in sleeping patterns	Social withdrawal
Negative self-talk/framing	Digital overconsumption
Feeling empty or disconnected	Changes in eating habits
Increased self-criticism	Overworking
Difficulty concentrating	Loss of interest in hobbies

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Strategies for Connection and Meaningful Interactions



Balance Solitude & Connection



Shift Perspective About Loneliness



Adopt Connection-Building Strategies



Prioritise Digital Wellness

Need a bit more help?

Connect with your coach to explore ways to embrace healthy solitude, build meaningful connections, and strengthen your wellbeing.



Take charge of your mental health today!

Go on Intellect Web (<https://app.intellect.co>) or download the Intellect app now and embark on a journey of personal wellbeing.

