

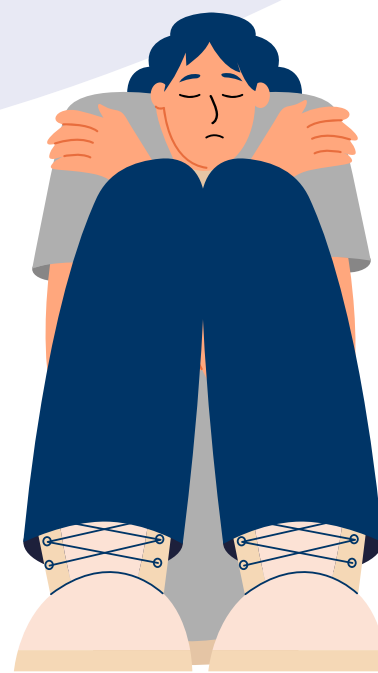
What to do with loneliness?

5 STEPS TO DEAL WITH LONELINESS

#1

FEELING LONELY IS NORMAL AND IT CAN HAPPEN TO ANYONE

Sometimes being alone for a while can also help to reflect and better understand our emotions and thoughts!



#2

LET'S LISTEN TO IT!

Sometimes loneliness can be long and painful.

We may distance ourselves from others for different reasons: we feel misunderstood, too different... understanding why this happens to us and talking about it can help us feel better.



#3

LET'S RECONNECT WITH OTHERS

for example, communicating with people we love, going out with friends and colleagues, both live and online!



#4

LET'S LEAVE THE COMFORT ZONE

Look for activities for groups or for example associations to join! We can discover new things we like and meet new people!



#5

Write to U-Report On The Move in the U-REPORT app, on Whatsapp or in Telegram!

If loneliness is too deep and prevents you from feeling comfortable in everyday life, you can discuss it with someone you trust or consult a psychologist. Here4U can be a safe place to have this conversation!





Report

ON THE MOVE
VOICE MATTERS



@ureportonthemove

U-Report On The Move



U-Report On The Move bot

+39 320 248 0863

