

Loneliness

But what can we do to fight loneliness in times of home quarantine and ‚social isolation‘

- Fill your calendar in the same way you fill it during normal times. For example, generate a schedule for the following week on Sunday. This schedule is filled with (daily) activities (cooking, cleaning your room or apartment, watching TV). In this way, you can make a decision on which activities you still need during the week.
- **Pursuing physical activities outside:** Going for a runs/walks or riding your bike. Particularly consider physical activities in combination with fresh air when working on your schedule for the week. People with physical weaknesses can ask others to go on short walks in the street with them.
- **Talk to neighbors, friends or grandparents** through windows, from the balcony or across the street. Meet other people as usual. Just consider the physical distance when seeing or meeting people!
- Are you not part of the group of people who are higher risk from the virus, but you cannot work at the moment? Contact welfare organisations, for example organisations which give people food for free! Ask them if they need **staff support!** Likewise, harvest worker or workers in groceries stores are frequently wanted at the moment.
- If you want to **talk to people**, give them a **phone call!** Do you not know anybody whom you could give a call, but still would like to talk to somebody? Get information from communities and municipalities in your region. Many of them offer local phone counseling services.
- **Being alone** and **being lonely** are not the same. Learn how to enjoy being by yourself a little bit. Be nice to yourself!

People who do not live by themselves can have good reasons for feeling lonely

At the moment, many people feel lonely. Some of them do so for the first time. Loneliness can become manifest in many different ways. One can feel lonely even when one has many contacts and tasks.

Take care of yourself! How do you feel? Discovering and accepting your own feelings can help you. This might help you approaching and getting in touch with others. This, in turn, can help you develop strategies against feelings of loneliness.

Pay attention to the people in your environment. Ask friends about their situation and tell them about how you feel in the situation at the moment. Many people might feel lonely. Think of each other! Consider the perspective from different people in different situations:

- Older people, people in retirement homes.
- Parents, particularly single parents, might miss contact to other adults.
- Children and teenagers might miss contact to their peers.
- Singles might miss contact to a romantic partner.
- People who are used to work together with other people might miss their co-workers.
- People who nurse their family members or relatives might miss contact to the outside world because they spend time with the person they nurse 24/7. [Hotline for people who nurse relatives: **030 20179131**]

