

LONELINESS

General tips to hang on to

1 POSITIVE SIGNAL!

Your need for more or better contact, for example with fellow students, is above all a positive and meaningful signal and recognizable for most people. Like feeling hungry invites us to eat, feelings of loneliness drives us to contact with other people. So take initiative.



2 FOCUS ON THINGS STILL POSSIBLE

Focus your attention and energy on things that are still possible and try not to frustrate yourself about the things you cannot do. After the pandemic everybody is in need of contact, so a proposal or initiative will be answered quicker and more positive.



3 OLD INTERESTS AND FRIENDSHIPS

Reorient on things you like, for example by remembering the things you liked as a child. Try to refuel your old passions, especially those that can be done with other people.



4 GET OUT OF YOUR LIVING SPACE

Having a tough or really bad day? Nobody responds to your proposals? Then try to leave your living space for a moment. For example, make a walk, go grocery shopping halfway your day.



5 MORE CONNECTED WITH YOUR CLASS

Try to speak with your tutor/teacher about the ways in which you all can get more connected with one another and explore what everybody's wishes and needs are and how to meet them.



6 MOTIVATION FOR YOUR STUDY

Is studying extra demanding and is your motivation decreasing? Maybe this website can help you out. You can use the translate button to read the ideas and tips in English. <https://www.begeleidieren.nl/?p=2762> click the link 'tips for successful studying at home'.



7 HELPING SOMEONE WHO FEELS LONELY

Do you want to help someone else who feels lonely? Instead of offering company or a conversation, ask for practical assistance. For example, household chores, exercising or studying together, or start working as a volunteer. WIJS Groningen offers possibilities as well: <https://wijsgroningen.nl/>

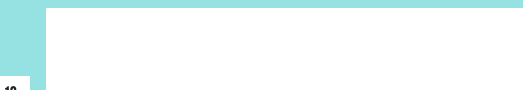


8 HEALTHY LIFESTYLE

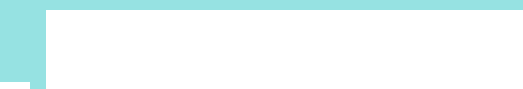
Your mood and the way you work and study are influenced by common and fundamental factors of self-care. Make sure your sleep and wake rhythm is balanced, try to eat and drink healthy on regular moments, be careful with the use of substances and make sure you exercise enough.



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