Seasonal Loneliness

You feel left out seeing everyone celebrating together?
You are surrounded by people, yet feeling disconnected?

Maybe you're experiencing loneliness

You're not alone with this:

1/3

of people worldwide
feel lonely sometimes
or often.

≠ being alone

It's a feeling, not a fact. You can be alone but not lonely or you can be with others yet feel lonely.

Different kinds of loneliness:

- **Emotional** – missing closeness or understanding
- **Social** – feeling left out or without belonging
- **Cultural or existential** – feeling distant from meaning, purpose, or community

What Can Make It Worse?

- Living abroad or far from loved ones
- Comparing yourself to others on social media
- Grief, break-ups, or strained family ties
- Financial stress or insecurity
- Cultural differences or not celebrating Christmas
- Living alone or working away from home

& Reconnecting

… with yourself

- **Notice it** – acknowledge the feeling; it's a signal, not a flaw.
- **Show yourself compassion** – be kind to yourself, like you would to a friend.
- **Challenge your perspective** – what you see online isn't the full story.

… with others

- **Share it** – talking about loneliness often lightens it & others may feel the same.
- **Reach out** – to a friend, an online community, or our **OpenUp experts**.
- **Connect in other ways** – chat with a stranger, greet a neighbour, smile first.

Start today with:

1. Send a message to someone you haven't spoken to in a while.
2. Write down one thing that makes you feel connected: a place, person, or activity.
3. Do one small act of kindness, e.g., give a genuine compliment.