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Information & Support



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LONELINESS – HOW TO COPE WITH IT

Loneliness is a common emotional state that can have a profound impact on our mental and physical health. It is a condition that is associated with feelings of isolation, lack of social bonds and a sense of being misunderstood. It is worth looking at the effects of loneliness and learning about different ways of coping with this feeling.

EFFECTS OF LONELINESS

Loneliness can have serious consequences for our health. Studies show that feeling lonely for long periods of time can lead to a number of problems such as depression, anxiety, sleep disorders and even an increased risk of cardiovascular disease. Loneliness can also affect cognitive abilities, leading to impaired memory and concentration.

The impact of loneliness on mental health can be particularly acute. Feelings of isolation and lack of connection with other people can lead to reduced self-esteem and depression. It can also affect relationships with others, making it difficult to establish and maintain close bonds. Here are some of the effects of feeling lonely:

- Depression and anxiety – lonely people are more likely to develop depression and anxiety disorders. Lack of emotional support and feelings of isolation can lead to feelings of hopelessness, sadness and anxiety.
- Low self-esteem – loneliness can affect self-esteem. When there is a lack of social interaction, a person may start to doubt their self-worth and social skills.
- Difficulty in coping with stress – close friends and family are usually an important support during more difficult times. Lonely people may find it difficult to cope with emotional challenges because they have no one to trust and confide in.
- Difficulties in regulating emotions – social proximity helps to regulate emotions. When we lack interaction with others, it can be more difficult to understand and control our own emotions.
- Cognitive impairment – research suggests that long-term loneliness can affect cognitive functions such as memory, attention and decision-making abilities.
- Increased risk of addiction – lonely people may seek escape from negative feelings in stimulants, which increases the risk of addiction.
- Decreased motivation – lack of social interaction can lead to a decrease in motivation and engagement in various activities, which negatively affects the overall quality of life.
- Sleep problems – loneliness can lead to sleep disorders, which has a negative impact on mental state and makes it more difficult to cope with daily challenges.



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How to build relationships based on mutual respect, liking and active listening?
You will find the answer to this question in the book [How to Win Friends and Influence People](#), by Dale Carnegie

HOW TO DEAL WITH LONELINESS?

Coping with loneliness can be a challenge, but there are many strategies that can help. Here are some of them:

1. Establish new social relationships

You could try to join an interesting club or organisation, take part in courses or workshops or even start volunteering. It is important to meet new people and engage in social activities that bring joy.

2. Keep in touch with family and friends

Even if we cannot meet in person, it is worth keeping in regular contact with loved ones. Today's technology makes it very easy to keep in touch at a distance. Regular phone or video calls or even texting can help you feel connected to your loved ones, even if you are physically distant.

3. Develop your passions

This can be an effective way to alleviate feelings of loneliness. Look for activities that you enjoy and that you can indulge in on your own or in the company of people with similar interests. It could be painting, reading, cooking or even playing sports. Finding something you are passionate about can make you feel more fulfilled and satisfied.

4. Seek professional support

If loneliness becomes overwhelming and you cannot cope, it is worth consulting a professional. A psychologist or therapist can help you understand the source of loneliness and develop strategies to cope with this feeling. Individual or group therapy is an effective tool in the fight against loneliness.

Loneliness can have serious mental and physical health effects, but there are many ways that can help you cope with this feeling. Making new friends, keeping in touch with your loved ones, dedicating time to your hobbies and seeking professional support are just a few of the many ways we can try. It is worth remembering that loneliness can be overcome and that help and support are available to us all.

Don't wait, call us! If you feel that you cannot cope with loneliness, contact a specialist. We are here to support you!