



Peer Education Project

Loneliness

Finding our
connections to feel
less lonely

Assembly





Mental Health Awareness Week 2022



The theme is loneliness.

SLIDE 2



What do we mean by loneliness?



Loneliness is often described as when we feel we do not have the meaningful relationships we want around us.

10%

of young people
say they often
feel lonely



Experiences of loneliness



Although we may all feel lonely from time-to-time, we are not all equally at risk of loneliness.





Short-term and long-term loneliness



Many of us will feel lonely from time-to-time.

Sometimes we can feel lonely for longer periods of time.

Who can I speak to in school?

- Form tutor
 - An adult you can trust
 - KSL and ASKL
- * Depending on availability we can organise time with the wider pastoral team

Where can I go for support outside of school?

- QPHS website- links to mental health support networks



Difference between feeling lonely and being alone



Social isolation

The physical separation from the people, and the things, that brings us comfort and support.



What is mental health?



Our mental health can change depending on our experiences and circumstances throughout our lives.





How can loneliness affect our mental health?



Watch here



SLIDE 8



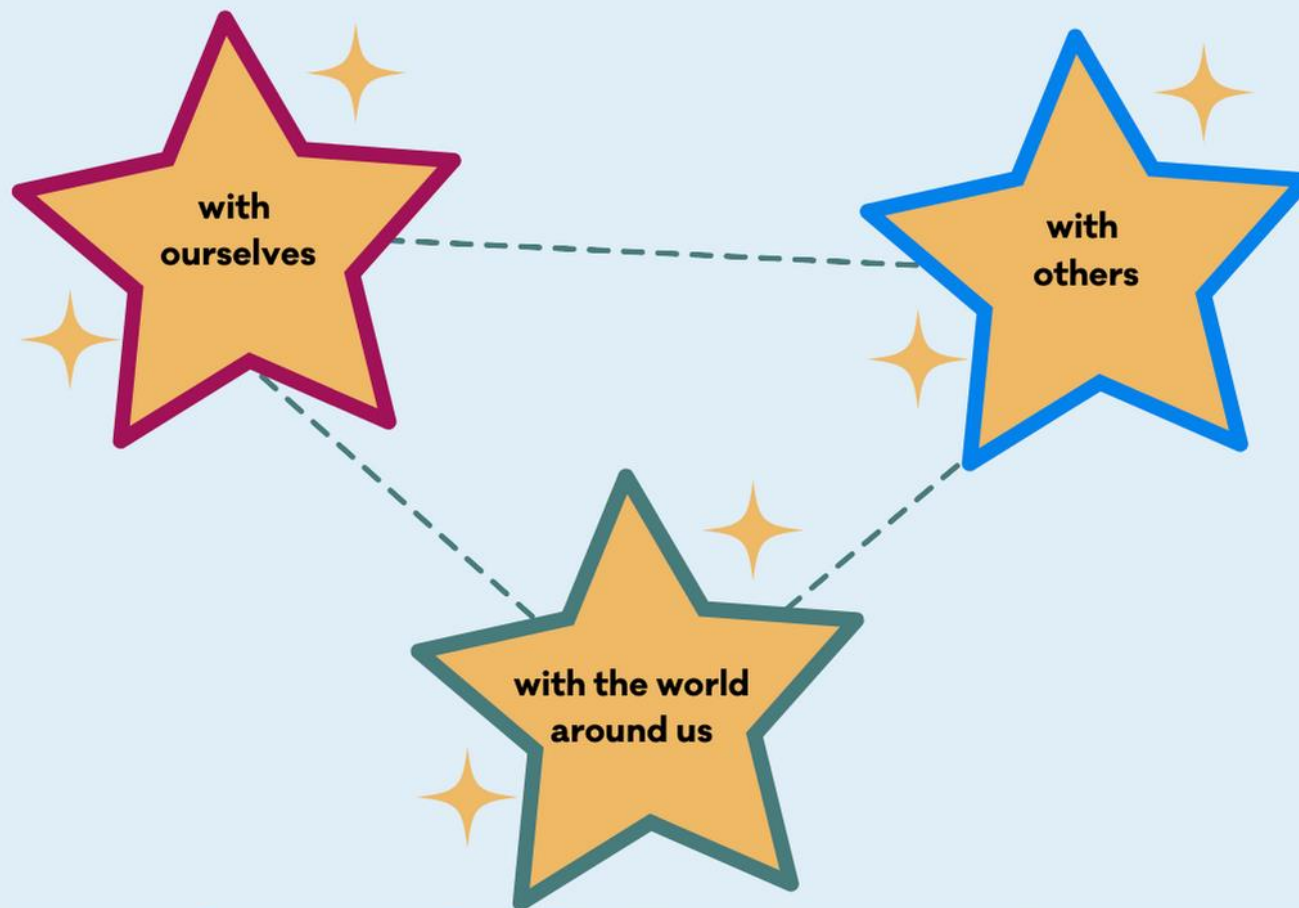
How can loneliness affect our mental health?



Although loneliness is not a mental health problem, it is an experience that can affect our mental health.



How can loneliness affect our mental health?



SLIDE 10



Connecting with ourselves



When experiencing emotional loneliness, finding ways to connect with ourselves can be helpful.



Connecting with ourselves



- Practice mindfulness
- Listen to music and dance
- Journal
- Practice yoga
- Paint
- Try something new
- Do something that you are good at





Connecting with others



Social loneliness is feeling like you do not have the supportive relationships you would want, in your life.

It can take time to build meaningful connections with others.





Connecting with others



- Call or text a friend
- Offer a hug to someone we care for
- Do an activity with someone
- Join a new club or activity
- Speak to a trusted adult





Connecting with the world around us



Existential loneliness is feeling a lack of connection to the world around us.





Connecting with the world around us



- Go for a walk
- Read a book or watch tv
- Take on a responsibility
- Show kindness to the world around us



Top tips for looking after ourselves when feeling lonely



Be kind to ourselves





Top tips for looking after ourselves when feeling lonely



Find ways of expressing how we feel

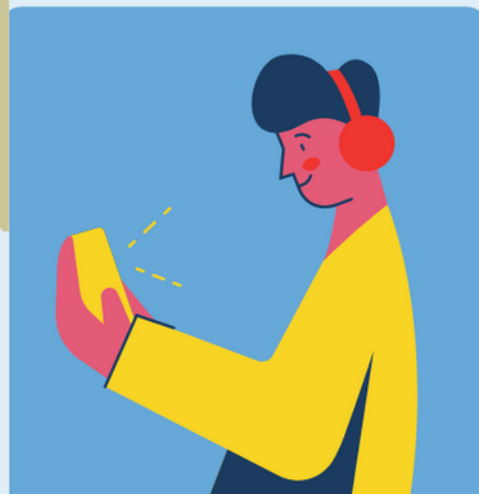




Top tips for looking after ourselves when feeling lonely



Talk to someone





Top tips for looking after ourselves when feeling lonely



Do things that we enjoy



SLIDE 20



Top tips for looking after ourselves when feeling lonely



**Spend time with those who
support us**





Top tips for looking after ourselves when feeling lonely



Find people with similar interests to us





Top tips for looking after ourselves when feeling lonely



Be mindful of the media we look at





Top tips for looking after ourselves when feeling lonely



**Show gratitude and kindness to
ourselves and others**





Mental Health Awareness Week 2022



How to get involved with Mental Health Awareness Week



Visit mentalhealth.org.uk or connect with the Mental Health Foundation's social media channels:

Twitter: @mentalhealth

Facebook: @mentalhealthfoundation

Instagram: @mentalhealthfoundation

LinkedIn: @mental-health-foundation