

## Chapter 1 : TV Relieves Loneliness

*One major challenge within happiness is loneliness. The more I've learned about happiness, the more I've come to believe that loneliness is a terrible, common, and important obstacle to.*

Common causes[ edit ] People can experience loneliness for many reasons, and many life events may cause it, such as a lack of friendship relations during childhood and adolescence , or the physical absence of meaningful people around a person. At the same time, loneliness may be a symptom of another social or psychological problem, such as chronic depression. Many people experience loneliness for the first time when they are left alone as infants. It is also a very common, though normally temporary, consequence of a breakup , divorce , or loss of any important long-term relationship. In these cases, it may stem both from the loss of a specific person and from the withdrawal from social circles caused by the event or the associated sadness. Loneliness can occur within unstable marriages or other close relationships of a similar nature, in which feelings present may include anger or resentment , or in which the feeling of love cannot be given or received. Loneliness may represent a dysfunction of communication , and can also result from places with low population densities in which there are comparatively few people to interact with. Loneliness can also be seen as a social phenomenon , capable of spreading like a disease. These genes operate in a similar manner in males and females. The study found no common environmental contributions to adult loneliness. Loneliness is therefore a subjective experience; if a person thinks they are lonely, then they are lonely. People can be lonely while in solitude, or in the middle of a crowd. What makes a person lonely is the fact that they need more social interaction or a certain type of social interaction that is not currently available. A person can be in the middle of a party and feel lonely due to not talking to enough people. Conversely, one can be alone and not feel lonely; even though there is no one around that person is not lonely because there is no desire for social interaction. There have also been suggestions that each person has their own optimal level of social interaction. If a person gets too little or too much social interaction, this could lead to feelings of loneliness or over-stimulation. In some people, temporary or prolonged loneliness can lead to notable artistic and creative expression, for example, as was the case with poets Emily Dickinson and Isabella di Morra , and numerous musicians [ who? This is not to imply that loneliness itself ensures this creativity, rather, it may have an influence on the subject matter of the artist and more likely be present in individuals engaged in creative activities. It has also been referred to as state and trait loneliness. Transient state loneliness is temporary in nature, caused by something in the environment, and is easily relieved. Chronic trait loneliness is more permanent, caused by the person, and is not easily relieved. Once the person got better it would be easy for them to alleviate their loneliness. A person who feels lonely regardless of if they are at a family gathering, with friends, or alone is experiencing chronic loneliness. It does not matter what goes on in the surrounding environment, the experience of loneliness is always there. Loneliness as a human condition[ edit ] The existentialist school of thought views loneliness as the essence of being human. Each human being comes into the world alone, travels through life as a separate person, and ultimately dies alone. Coping with this, accepting it, and learning how to direct our own lives with some degree of grace and satisfaction is the human condition. Frequency[ edit ] There are several estimates and indicators of loneliness. The General Social Survey found that between and , the number of people the average American discusses important matters with decreased from three to two. Additionally, the number of Americans with no one to discuss important matters with tripled [15] though this particular study may be flawed [16]. In the UK research by Age UK shows half a million people more than 60 years old spend each day alone without social interaction and almost half a million more see and speak to no one for 5 or 6 days a week. A certain amount of this loneliness appears to be related to greater migration, smaller household sizes, a larger degree of media consumption all of which have positive sides as well in the form of more opportunities, more choice in family size, and better access to information , all of which relates to social capital. Within developed nations , loneliness has shown the largest increases among two groups: A study in the American Sociological Review found that Americans on average had only two close friends in which to confide, which was down from an average of three in This can be

especially prevalent in individuals prone to social isolation who can interpret the business focus of co-workers for a deliberate ignoring of needs.

**Chapter 2 : BBC - Future - Five myths about loneliness**

*Inflammation can be triggered by stress, which can be caused by loneliness, or more importantly, the feelings of social isolation. Stress is linked to an increased incidence of the fight or flight response.*

Intimacy, according to the Sixty and Me community, is having people to talk with who share your values and interests. It is having people in your life that need you as much as you need them. It is having a reason to leave the house with a smile on your face because you know that someone is going to be genuinely pleased to see you. We are also lonelier than ever before. None of them is perfect and all of them require work, but, we have more control than we believe. For example, I have seen several attempts to set up call centers throughout the world that lonely people can use when they are feeling lonely. On the one hand, I applaud these efforts. They are certainly better than nothing and, for people who are suffering from loneliness, while dealing with mobility issues, they may offer a critical lifeline. They also need someone to need them. Volunteering is a powerful antidote to loneliness because it gives people the opportunity to be needed. Every student mentored teaches us about our own importance in the world. Every bowl of soup served provides nourishment for our own soul. Every house built in a land far away reinforces the foundation in our own hearts and gives us the strength to engage with the world. On the surface, this might seem strange. But, we would also appreciate the opportunity to mentor, and learn from, people from other generations. For many of us, spending time with young people provides energy and a new perspective from which to see the world. Perhaps more than any other social activity, volunteering gives us the opportunity to meet people from across multiple generations. Even if we are open to finding a partner after 60, which is not a priority for everyone, finding someone to meet is neither quick nor easy. Likewise, playing tennis involves finding someone to play with at a particular time and place. Volunteering, by comparison, is easy to coordinate. Most organizations will be happy to receive your help, especially if you pick an opportunity that matches your skills and interests. Volunteering removes many of the barriers that we face to getting out of the house. It helps us to engage with the world on our own terms. Part of the reason for this is that people that are experiencing loneliness are often dealing with other emotions, such as sadness, depression, anxiety, or low self-esteem. One of the most basic human desires is to feel needed. We thrive when we know our place in the world and feel like we are making a difference. Perhaps it is no surprise then that volunteering has been shown to make people happier. Since sadness is often associated with feelings of loneliness, volunteering can help us to break through our negative emotional loops and reach a point that we feel like engaging with the world. Volunteering is one of the most powerful ways to address loneliness that we have complete control over. It allows us to interact with people from other generations on an equal level. Which volunteer organizations or charities do you support? Please leave your thoughts in the comments section below.

### Chapter 3 : 4 Ways to Deal With Loneliness - wikiHow

*Reading As An Antidote To Loneliness. Photo: Masaaki Miyara "Fiction is one of the few experiences where loneliness can be both confronted and relieved," David Foster Wallace once said.*

Loneliness feels draining, distracting, and upsetting; desired solitude feels peaceful, creative, restorative. Loneliness is a serious issue. The wisdom of the ages and the current scientific studies agree on this point. I wrote a book about habits, *Better Than Before*, and I continue to be obsessed with the subject. Make a habit of nurturing others. Giving support to others helps create a feeling of connection. Along those lines— Make a habit of connecting with other people to state the obvious. Show up at the weekly office coffee hour, join a book group, sign up for an exercise session, take a minute each morning to chat to a co-worker. Make a habit of getting better sleep. One of the most common indicators of loneliness is broken sleep — taking a long time to fall asleep, waking frequently, and feeling sleepy during the day. Here are some tips on getting good sleep. Make a habit of staying open. Unfortunately — and this may seem counter-intuitive — loneliness itself can make people feel more negative, critical, and judgmental. If you recognize that your loneliness may be affecting you in that way, you can take steps to counter it. There are many kinds of loneliness. Through habits or otherwise. There, I explain all the strategies we can use to make or break a habit. For instance, you might use the Strategy of Scheduling, the Strategy of Monitoring, the Strategy of Convenience — and you should definitely use the Strategy of Treats — which is the most fun strategy. If you want to read more about the subject of loneliness, I highly recommend two books: John Cacioppo and William Patrick, *Loneliness: Also*, in my books *The Happiness Project* and *Happier at Home*, I write a lot about how to build and strengthen relationships. Most people have suffered from loneliness at some point. Have you found any good habits for making yourself less lonely? You can also watch the one-minute book video. She is a regular contributor to Psych Central.

### Chapter 4 : The 85 Best Quotes About Loneliness - Curated Quotes

*In operations performed to relieve chronic pain, doctors have lesioned, or disabled, the dorsal anterior cingulate cortex. After the surgery, the patients report that they can still sense where.*

Everyone has felt lonely at some point. Many people enjoy being alone and find it refreshing – not lonely. Loneliness is about disconnection; wanting to connect, but not being able to. We can feel lonely for a variety of reasons. Loneliness can be the result of loss – the death of a loved one or pet, a divorce, or a falling out with a friend. Loneliness is a painful experience because we all want to connect with others. We want to be known and accepted – to be a part of a community. Connection is a basic human need. This is why solitary confinement is one of the worst punishments that can be inflicted on prisoners. Understanding the reason for your loneliness can help you pinpoint the type of connection that will fulfill your needs and make a plan to work towards it. Connecting with others often feels risky. However, we need to step out of our comfort zone and be emotionally vulnerable in order to deepen our connections with others. Taking a risk can be joining a new group or club, inviting an acquaintance to lunch, or sharing something more personal with a friend. Be open to connecting with others. In addition to putting ourselves out there and showing up in social situations, we have to be receptive and open our hearts to connection if we are to overcome loneliness. Depression or other mental or physical health problems can also make it difficult to connect with others. Relieving symptoms of depression will probably make it easier to connect with others. Consider less time on social media. Scrolling through updates from friends and distant relatives leaves many people feeling more lonely, separate, and different. So, be mindful of how you feel while using social media and consider how you might use it to deepen friendships and other relationships. However, being kind to yourself, understanding yourself, and enjoying time alone are important aspects of good mental health and can reduce shame. And learning to know and love yourself can ultimately help you connect authentically with others. And while loneliness is both painful and prevalent, we can lessen it when we step out of our comfort zone and gradually build close relationships with those who truly know and accept us. Her San Jose based practice specializes in helping over-stressed, high achieving adults and teens learn to embrace their imperfections and grow happiness. Her personal journey of overcoming perfectionism and people-pleasing traits, inspired her passion for this work. Sharon is the author of *Setting Boundaries Without Guilt*: Sharon also enjoys teaching blogging and writing classes for therapists. You can find her on Twitter , instagram , and her website.

### Chapter 5 : Relieved Quotes - BrainyQuote

*Since loneliness isn't simply a problem of being alone, some loneliness can be relieved by deepening your connection with yourself and learning to enjoy your own company. Being a friend to yourself doesn't replace the need for human connection and the joy you get from having friends.*

Are you feeling alone in life? Does it seem like you have no one to talk to but yourself? Is it impossible for you to make friends, while everyone else is having a good time? The loneliest time in my life was after my divorce. Not only did I withdraw from my social circles and professional colleagues, I withdrew from my family as well. I kept to myself, hurting and lonely. This went on for a couple of years. Then I got tired of being lonely. You, too, may be experiencing loneliness in your life. Maybe a rocky event has left you isolated and alone. Learn to enjoy your alone time. How are you doing on your own? Find activities you enjoy doing by yourself. Visit places you want to see. Attend cultural events or the museum on your own. Can you enjoy the experience by yourself? Try to enjoy yourself. Get excited about and wrapped up in topics and activities you like. Before you bring others into your life, find ways to appreciate your alone time. Be comfortable with your thoughts and feelings. Are you comfortable sitting with them? Do they overwhelm you? To observe your thoughts, create down time during which you do nothing. Become mindful of your thoughts and emotions. Watch them wash over you like waves in an ocean. Be a silent observer. And be at peace with them. You are worthy and people want to know you. Before you try to meet people and cure your loneliness, know that you have a couple of mental hurdles to get past first. No one else will complete you, fulfill you or make you whole. Remind yourself about your good qualities. Take steps to improve your relationship with yourself. Check out the free ebook I wrote about this very topic. Throughout your life, others have valued your personality, uniqueness and friendship. You do have something to give others and people do want to know you. Anyone will want to meet someone who is kind, giving and compassionate. Another way to shift your mindset and meet new people is to realize that our egos have built walls around us and separated us from others. If you believe that we are all one people and that we are all connected in this world, you will have an easier time talking to others. If you look at the connectedness of nature, you know that we are all one in nature. Your attempts to form relationships are simply acts of reaching out to another spirit—another human just like you, someone who lives in the same world you do. Find a way to step out of your comfort zone and meet someone new. Do what you enjoy. Look for others to enjoy it with. Instead of doing it alone, look for groups of people who are doing it together. You can find people who enjoy your passion in Meetup groups, in Facebook groups, or at the local community center. You can also look for notices on library bulletin boards or other community announcement boards. Be prepared to go to events where you might not know any of the other guests. Taking a risk will pay off with less loneliness in your life. Go where the people are. Look for lectures, community gatherings, parades and talks. Look for topics and speakers that interest you. Be more proactive in searching for community gatherings. Once you find them, attend them. Also, large groups of people may intimidate you. Chat with a small circle of people and attend gatherings or events with the goal of forming quality friendships. Spend more time with the people already in your life. Engage with the people you see on a daily basis. Every day you encounter—and ignore—countless people in the subway or at work. How about talking to them for a change? How about reaching out to friends, family and acquaintances and building up those friendships? You get out of relationships what you put into them. Make an effort to call, reach out, email and visit people already in your life. Start upping your commitment to people you already know as long as you enjoy their company, of course! Focus on your life and your desire to make friends. Appearances can be deceiving. Your friends who are surrounded by other people might have shallow and passing relationships. The bottom line on loneliness: Take the risk of breaking through your mental barriers; a richer and more fulfilling life awaits you. Vishnu coaches people to transition to more meaningful work and live a more purposeful life. Erin shows overscheduled, overwhelmed women how to do less so that they can achieve more. Traditional productivity books—written by men—barely touch the tangle of cultural pressures that women feel when facing down a to-do list.

### Chapter 6 : Feeling Lonely? How to Reconnect and Overcome Loneliness | Happily Imperfect

*Loneliness is a complex and usually unpleasant emotional response to being isolated. Loneliness typically includes anxious feelings about a lack of connection or communication with other beings, both in the present and extending into the future.*

Chronic loneliness can be a habit we need to fight. Loneliness is usually considered to be the emotional effect of a life situation, the situation of being isolated, rejected, or abandoned. Some of us experience chronic loneliness, a persistent sense of sadness we associate with being alone or unloved, and an enduring expectation that our isolation will never be relieved by the unconditional love and companionship we believe we lack. This is a painful dilemma indeed, made worse by the fact that the loneliness prevents us from doing the things we could to find love and companionable security. Unfortunately, focusing on and anticipating loneliness can become a habit, just as focusing on anxiety can easily become a phobia, or focusing on anger can become a habit of abusive or self abusive behavior. You can choose to fight this trend if you put your mind to it. Even if you have to fake it. Experiment with different smiles. Kind smiles, silly smiles, contented smiles. If you have trouble, go on YouTube and search for laughing baby videos. Or join a laughing yoga class. Reach out to others. By phone or text or email or in online chat rooms. When you connect with someone, resist the temptation to express your sadness first and foremost. Prepare yourself by choosing some uplifting topics, something interesting and positive you noticed recently, or something for which you are grateful, no matter how small. Gratitude for the smallest things in life can open the door for mutual appreciation. By asking others about their lives, their problems and their blessings, you can take the focus off of yourself and your own insecurities, and begin to build a relationship based on your compassion for them. Chances are, you can find something in the present moment or in a memory that you feel grateful for. No matter how small, you can begin there. Once you open that filing cabinet drawer in your mind, you will discover other things you are grateful for. The more you know about another person, the better you are able to understand their sorrows, needs, or pain, so taking time to listen to others is essential. A large part of the habit of loneliness is the expectation that our isolation will go on forever. If you focus on the present moment and understand that this moment is just this moment, but it is the moment we have now, you can learn how to deal with loneliness. Some of the sights, sounds, and sensations may be unpleasant, or maybe your thoughts about them will seem unpleasant, but not all of them will be. Staying in the moment is a discipline that helps break the habits we fall into involving living in the past or future – with a bias toward the painful parts of the past and future. Why does loneliness make it so difficult for us to practice these things? Early in life, the emotion of loneliness has a purpose in helping us cope with dangerous situations when we find ourselves separated from the caretakers on whom we depend. Loneliness compels the helpless little animal to keep quiet and stay put so that Mama Bear has a better chance of finding her before something else does. In fact, we can accidentally fall into habits of evoking emotions that are unnecessary and unhelpful for the situation we find ourselves in. We seem to understand that fear or anger is dysfunctional when they become an automatic response to situations, and we turn to treatment for anxiety or anger management, but it often seems difficult to see loneliness in the same way. The cognitive beliefs and behavioral actions habits that are shaped by the emotion of loneliness tend to reinforce one another. In order to free yourself from the habit of loneliness, you need to choose to act according to plan rather than according to how you feel.

### Chapter 7 : These 5 Habits Can Relieve Loneliness

*No-one prefer loneliness. People can prefer being alone, which is not the same. If you prefer loneliness, you wouldn't be online, or have a pet. You'd be in a room, by yourself, no music, no tv.*

By Claudia Hammond 13 February At some point in our lives, the chances are that you and I will feel lonely. The UK even has a new Minister for Loneliness charged with working across government departments to address the issue. Here are five of the biggest. Loneliness is a feeling of disconnection. You can feel lonely in a crowd, just as you can feel perfectly happy, even relieved, to spend some time alone. When the BBC conducted the Rest Test in , the top five most popular restful activities all were ones that tend to be done alone. Sometimes we want to be alone. But it is true that the actual numbers of lonely people are rising simply because there are more people in the world. So there is no doubt that loneliness is causing a lot of sadness. Instead, it can be the signal to us to look for new friends or to find a way of improving our existing relationships. View image of Does loneliness disproportionately affect older people? He likens it to thirst. If you are thirsty you look for water. If you are lonely you look for other people. For many thousands of years humans have stayed safe by living in co-operative groups, so it makes sense to have a survival mechanism which drives us to connect with others. Although loneliness is usually temporary, it is true that when it becomes chronic the consequences can be serious. There is good evidence that it can lower our well-being, affect the quality of our sleep, and lead to sadness. It can also result in a vicious cycle in which people feel so lonely that they withdraw from social situations, which in turn makes them feel even lonelier. Research has shown that if a person feels lonely, their risk of experiencing depressive symptoms a year later is higher. You often see statistics quoted on the effect that loneliness can have on our health. Reviews of the research have found that it could increase the risk of heart disease and stroke by almost a third and that lonely people have higher blood pressure and a lower life expectancy. It is possible that unhappily isolated people are more likely to become ill. But it could also happen the other way around. People could become isolated and lonely because they already have poor health, which stops them from socialising. Or lonely people may show up in the statistics as less healthy because their loneliness has robbed them of the motivation to look after their health. It could work both ways. View image of Woman staring out of window Credit: That is why we want to fill in some of those gaps in the scientific literature with the BBC Loneliness Experiment, devised by psychologists from Manchester, Brunel and Exeter Universities in collaboration with the Wellcome Collection. The aim is to discover more about friendship, trust and the solutions to loneliness that really work, so that more people can feel connected. Take the survey here: The BBC is not responsible or liable for any diagnosis made by a user based on the content of this site. The BBC is not liable for the contents of any external internet sites listed, nor does it endorse any commercial product or service mentioned or advised on any of the sites.

## Chapter 8 : The deadly truth about loneliness

*Treder-Wolff added, "With treatment, the loneliness linked to depression can be greatly relieved. Sometimes loneliness is a result of social anxiety, shyness, or lack of skills for navigating social situations.*

Health and Medicine Loneliness is not just about whether there are people around. It is the pain we have felt following a breakup, perhaps the loss of a loved one, or a move away from home. We are vulnerable to feeling lonely at any point in our lives. Loneliness is commonly used to describe a negative emotional state experienced when there is a difference between the relationships one wishes to have and those one perceives one has. The unpleasant feelings of loneliness are subjective; researchers have found loneliness is not about the amount of time one spends with other people or alone. It is related more to quality of relationships, rather than quantity. A lonely person feels that he or she is not understood by others, and may not think they hold meaningful relationships. For some people, loneliness may be temporary and easily relieved such as a close friend moving away, or a spouse returning home after a work trip. For others, loneliness cannot be easily resolved such as the death of a loved one or the breakup of a marriage and can persist when one does not have access to people to connect with. From an evolutionary point of view, our reliance on social groups has ensured our survival as a species. Hence loneliness can be seen as a signal to connect with others. This makes it little different to hunger, thirst or physical pain, which signal the need to eat, drink or seek medical attention. In affluent modern societies, however, turning off the alarm signals for loneliness has become more difficult than satisfying hunger, thirst or the need to see the doctor. For those who are not surrounded by people who care for them, loneliness can persist. Researchers have found social isolation is a risk factor for disease and premature death. Findings from a recent review of multiple studies indicated that a lack of social connection poses a similar risk of early death to physical indicators such as obesity. Loneliness is a risk factor for many physical health difficulties, from fragmented sleep and dementia to lower cardiovascular output. Some individuals may also be biologically vulnerable to feeling lonely. Evidence from twin studies found that loneliness may be partly heritable. Multiple studies have focused on how loneliness can be a result of certain gene types combined with particular social or environmental factors such as parental support. Loneliness has largely been ignored as a condition of concern in mental health. Researchers have yet to fully understand the extent of how loneliness affects mental health. Most studies of loneliness and mental health have focused solely on how loneliness relates to depression. Although loneliness and depression are partly related, they are different. Loneliness refers specifically to negative feelings about the social world, whereas depression refers to a more general set of negative feelings. In a study that measured loneliness in older adults over a five-year period, loneliness predicted depression, but the reverse was not true. Addressing Loneliness Loneliness may be mistaken as a depressive symptom, or perhaps it is assumed that loneliness will go away once depressive symptoms are addressed. While creating opportunities to connect with others provides a platform for social interaction, relieving the social pain is not so straightforward. Lonely people can have misgivings about social situations and as a result show rejecting behaviours. These can be misconstrued as unfriendliness, and people around the lonely person respond accordingly. This is how loneliness can become a persistent cycle. A study examined the effectiveness of different types of treatments aimed at addressing loneliness. The results indicated that treatments that focused on changing negative thinking about others were more effective than those that provided opportunities for social interaction. Another promising way to tackle loneliness is to improve the quality of our relationships, specifically by building intimacy with those around us. Using a positive psychology approach that focuses on increasing positive emotions within relationships or increasing social behaviours may encourage deeper and more meaningful connections with others. Indeed, even individuals who have been diagnosed with serious mental illness have reported improvements in their well-being and relationships after sharing positive emotions and doing more positive activities with others. However, research using a positive psychology approach to loneliness remains in its infancy. We continue to underestimate the lethality of loneliness as a serious public health issue. Contemporary tools such as social media, while seeming to promote social connection, favour brief interactions with many acquaintances over

the development of fewer but more meaningful relationships. In this climate, the challenge is to address loneliness and focus on building significant bonds with those around us. The growing scientific evidence highlighting the negative consequences of loneliness for physical and mental health can no longer be ignored.

## Chapter 9 : How to Let Go of Loneliness

*Loneliness can make you feel empty and a sense of longing for someone to really know you. If you are without friends you may wish to have someone in your life who will relieve the emptiness.*

By Pastor Rick Warren Christmastime is, for the most part, an enjoyable season for most people. Sometimes we choose to isolate ourselves from others, and sometimes we face loneliness through no fault of our own. Loneliness is so painful that people will try anything to relieve it. We medicate with drugs, alcohol, sexual promiscuity, pornography, and other addictive behaviors. Loneliness can be especially dangerous to people in recovery. So how do you deal with loneliness? How do you let go of it? Utilize your time well Make the best of a bad situation. Resist the temptation to do nothing. If life gives you a lemon, make lemonade. Loneliness tends to paralyze. Think of a creative way to take advantage of the situation. While we should be careful not to medicate with busyness, it is important to be good stewards of the time we spend alone. Deal with your hurt in bold and honest ways, but find ways to shift your focus to helping and serving others. Resentment is essentially the choice to hang onto what someone else took away from us. Forgiveness is letting them off the hook and cutting the strings they have on our emotional health. There is no place that you are that God is not. You just need to open your eyes and see. Emphasize the needs of others Focus outwardly, on other people. Get your eyes off of yourself. Quit having a pity party. Find others who are in pain and think of ways to help them. Stop building walls and start building bridges. Love is the antidote to loneliness. A lot of our loneliness is really a spiritual vacuum. When you invite Christ into your life and ask his Spirit to fill you, he puts his presence in you, a presence that will never, never leave you. Pastor Rick started The PEACE Plan to show the local church how God works through ordinary people to address the five global giants of spiritual emptiness, self-serving leadership, poverty, disease, and illiteracy. He is also the founder of Pastors.