



# 8 WAYS TO CONNECT



## See Beyond Your Loneliness



## See Beyond





1. Put yourself in situations to meet new people—join a club, go to the gym, sit by someone at the bus stop . . .
2. Talk to strangers. Take initiative—say "Hello," chat, socialize.
3. Schedule connections with others. Be intentional. Invite others for tea or a meal. Don't assume people are too busy or don't need friends.
4. Take off your cultural lenses. Look for local friends and connections in different circles of life.
5. Be the kind of friend you would like to have—listen well, be vulnerable, suspend judgment, keep confidences.
6. Ask someone to listen. Get someone consistent in your life—coach, mentor, spiritual director, etc.
7. Limit or avoid social media if it is giving you a false sense of being connected.
8. Nurture others—pets, elderly, sick, children, etc.

