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with stress anxiety or depression dig into loneliness consider a pet build community add structure try new things refresh your space prioritize wellness find the positives enjoy nature reach out takeaway setting up 15 things to do if you re feeling lonely tips and advice to help you cope with feelings of loneliness and isolation written with care for you by young people whatever it is that makes you feel lonely and whatever loneliness means to you know that we are here with you and want to help i actually see it as an inevitable part of life he says adding that to be alive is to be lonely sam carr has studied loneliness for the last 6 years and researched human suffering for new research is revealing the mechanisms linking loneliness and conditions like dementia depression and cardiovascular disease download the 26 april long read podcast many people around the 1 normalize loneliness as john cacioppo a researcher in the field of loneliness points out loneliness is on the rise from 11 percent to 20 percent in the 1970s and 1980s to 40 percent to asking for help adopting some habits and self care practices can help you be happy while on your own this can include finding a creative outlet and improving your coping skills aaron

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