



THE CHURCH
OF ENGLAND

Dealing with
Loneliness
and **Isolation:**
FIVE TOP TIPS



Dealing with **Loneliness** and **Isolation: FIVE TOP TIPS**



- 1. Pray – light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.**



- 2. Talk about how you feel.**

This may be difficult if you are self-isolating, but use the phone, internet and social media. If you need to contact a counsellor, this can be arranged by your GP, local agencies or privately. Samaritans are there 24 hours a day, every day, and it's free to call them on 116 123.



- 3. Focus on the things that you can change, not on the things you can't.**



- 4. Look after yourself – physically, emotionally, spiritually.**

Plan things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.



- 5. Look after others – even if only in small ways, but do what you can: a smile, a kind word, writing a letter or an email.**