

For further assistance phone the Citizens Advice Bureau on (03) 3666490. Also see the Personal Help Services section in the front of the phone book.

Pamphlets Available in This Series

Understanding ...

Anger
Bereavement
Conflict
Decision Making
Depression
Disaster
Self Esteem
Stress

Canterbury

District Health Board

Te Poari Hauora o Waitaha

Community Health Information Centre
Community & Public Health
(A Division of the Canterbury District Health Board)

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understanding
loneliness
and
friendship



Causes of Loneliness

Loneliness may begin with ...

- * a death
- * a broken relationship or romance
- * a move of home
- * a change at work
- * an accident or illness
- * leaving school or other change

Loneliness may be prolonged by

...

- * lack of trust
- * fear of rejection
- * fear of being alone
- * lack of transport
- * poverty
- * personal handicap
- * low self-esteem
- * self blame
- * expecting too much

Reactions

to Loneliness

Some reactions may be ...

- * too much crying
- * too much sleeping
- * overeating
- * getting drunk or taking drugs
- * sitting round or watching TV

Some distractions may be ...

- * spending money
- * going for a trip
- * taking a walk
- * getting out of the house

Learn to enjoy your company by identifying with the good things about yourself

Your Needs May Be Met By

talking it over with

- someone to take your problem to
- someone to work with
- someone to confide in
- someone who challenges you

seeking support in a group

- in your family
- in a neighbourhood group
- in a social club - religious, sport or recreation group

inviting others

- to a social occasion
- to a meal
- to lend you something
- to help you personally

developing those contacts

- identify how you have been supported
- say thank you for that
- ask for what you need
- accept with grace the response, whatever it is
- try to be reasonable

listening

everyone needs to listen and be listened to

respecting

the views and belongings of others

asserting yourself

express your own needs, values and feelings without dominating others

Involvement

Reduces Loneliness

There are lonely people in your neighbourhood who may appreciate your friendship.

- * new arrivals
- * unemployed
- * women at home
- * teenagers
- * elderly
- * disabled
- * bereaved
- * telephone someone
- * visit someone
- * write a letter

Start by making some small gesture to someone else.

Relationships take time to build