

FUNSHEET HOW TO OVERCOME YOUR **LONELINESS?** (AND BE HAPPY)



**ABSOLUTELY
WRITE**
WITH ADITI SURANA



HOW TO OVERCOME YOUR LONELINESS? (AND BE HAPPY)

Lets accept, on the other side of this lockdown, we will be waiting in long queues a lot more, hanging out less, and will spend countless hours in a room by ourselves working from home. Knowing how to be alone without feeling lonely will become a mandatory life skill in no time!

I have heard that most people feel that the obvious solution to deal with loneliness is to find someone to accompany you.

The father of analytical psychology **Carl Jung** said, *'Loneliness does not come from having no people around you, but from being unable to communicate the things that seem important to you, or from holding certain views which others find inadmissible or unacceptable.'*

6 ways to deal with loneliness:

- 1. Pay attention:** This is a powerful tool. Pay attention to whatever you are doing. Be fully involved with it. Your thoughts of the past and worries of the future will engulf you. You can't stop it. Just get your attention back to the activity at hand.

In episode 24 of Absolutely write - The subtle art of being turned on, I spoke about engaging with all 5 senses. All 5 senses can lead to intense involvement if you choose to open your sensory experiences. Yes. It does require training. You need to pay close attention.

Try this - When you are cooking or even eating, you must be involved with all 5 senses. If you consider poet and philosopher **David Whyte's** suggestion of going for a walk without a phone or a music device, then you will observe everything closely.

Write down 5 things you noticed while walking in nature.

1. _____
2. _____
3. _____
4. _____
5. _____

2. **Create an environment:** We all love our comfort zones. We are creatures of our habits even when these habits are not helping us. We are tempted to fall back. Creating an environment is like setting the stage or entering The Big Boss house. For a stipulated period of time, there is no turning back.

Write 3 actions you can take to set an environment:

1. _____
2. _____
3. _____

4. **Journal. Journal. Journal:** Every step of this process of reclaiming is crucial. But journaling was one thing that *worked like magic*. Loneliness can lead to self - doubt, endless repetition of a memory, thought or emotion on a loop or a dramatic self talk filled with blame, shame, guilt & anger...We must **journal every day!**

We have created a 21 day free anti anxiety journaling workshop as part of our covid social initiative. (More details on the last page.)

Journal by using the following question:

What all are you grateful for right now?

Kindly Note: Do not write any answer or any single thing without genuinely feeling grateful for it. Let me make this process even simpler for you to remain more authentic. Respond to this question in three parts. You can write more than one answer in each category but make sure you write at least one.

- *Pick one human interaction that you are grateful for:*

- *A very small, everyday thing that brings a smile on your face:*

- *Pick any other thing that you feel thankful for:*

5. Look for remedies: Identifying the problem is half battle won. But the battle is not won until you don't find an appropriate remedy. Let's be clear, our objective is *to move from loneliness to enjoying the state of solitude*. It's only you and your 'tanhai' & no one else to impress. I have met many people who avoid being by themselves or keep filling that space by some or other distraction - phone, food or gossip, as they do not wish to deal with some uncomfortable part of their personality. *If it is broken, then it has to be fixed*. Emotions left unended become darker and more painful. Look for remedies.

6. **Volunteer:** You may wonder how that would help. What can you offer another person when you are feeling all depleted. Thankfully the human mind is wired to grow and nurture itself. Ask yourself '*How can you help? Not only what you get but what you give? What can you do to help someone, feed someone, nurse someone?*

Write 3 ways in which you can volunteer right away and describe your experience once you do that:

1.

Your experience of it:

2.

Your experience of it:

3.

Your experience of it:

#COVID INITIATIVE

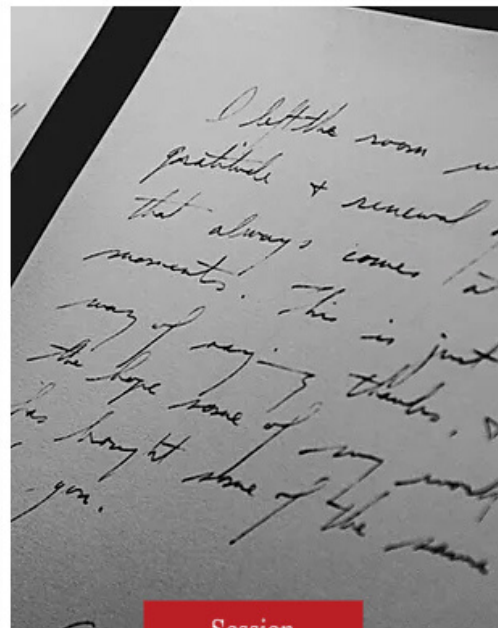
Lockdown is not a breakdown. Let's deal with anxiety together.



Journal

Journal Write Now

A 21 day free anti anxiety journaling workshop that will help you be more equipped to deal with your challenges, stress & anxiety.



Session

Written Gift

A free handwriting analysis session with Aditi, everyday till the lockdown continues in India for whoever wishes to connect, speak and resolve something.

[Register here](#)

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