

# WHAT TO DO IF YOU FEEL LONELY

## Remember you are not alone

All of us will feel lonely at some point in our lives. It's our innate signal to connect with others. Use this signal as an opportunity to take little steps to connect.

## Set realistic expectations

Don't be discouraged if it takes a while to find likeminded people to connect with. We can't like and connect with everyone we meet. It will take time.

## Join an interest group

What do you enjoy doing?  
What are you interested in?  
One of the best ways to meet likeminded people is through shared interests. They could be in-person or online. Search our [Directory](#).

## Build on small talk

While small talk may seem insignificant, it gives people an opportunity to connect with you. Ask follow up questions to their answers, it will help you get to know them better.

## Nurture current relationships

You don't have to make a new friend to feel less lonely. You can form close bonds within existing relationships. Make time to check in and see people you know.

## Try volunteering

Volunteering provides an opportunity to connect with others through a shared cause.