



WHY DO WE FEEL LONELY?



Loneliness is our cue to connect

Everyone will feel lonely at some point in their life. It is our body's way of telling us that our current social needs are not being met.

The longer we feel lonely, the more impact this will have on our health and wellbeing.

Life changes and circumstances can trigger feelings of loneliness

Losing a loved one

Leaving or starting school/ university/ vocational training

Becoming a parent

Being a carer

Starting a new job

Remote/ FIFO working

Living with chronic disease

Being diagnosed with ill health

Relationship breakdown

Moving to new city or country

Retirement

Unemployment



TIP

If you know someone going through a life change, reach out and connect with them. They might need a listening ear right now.