**A PAUSE, A PRACTICE, A NEXT STEP**

# Loneliness

Make room for both solitude and connection.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

**Name what is missing**

Ask what kind of connection you need today. A brief check-in, a shared activity, and a deeper conversation serve different purposes.

## 01 / Notice and reflect

Do I want solitude, connection, or some of both?

## 02 / Notice and reflect

What kind of connection feels missing?

## 03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Seek support if loneliness becomes persistent, worsens depression, or makes life feel hopeless. Your care team can help address barriers such as grief, anxiety, access, or difficult relationships.

Read more: NIH · Social wellness toolkit

More tools and immediate support: Our Healing Room / Crisis Support.



U.S. crisis support: call or text 988. In immediate danger, call 911.