

Happy Well-being Wednesday!



Mental Health Awareness Week

9-15 May 2022

Theme is **Loneliness**



It is mental health awareness week this week and the theme is loneliness.

<https://www.youtube.com/watch?v=XCnJ8s69LIU>



Emotional Loneliness First Aid



INTRODUCTION

We all feel lonely from time to time, here are some examples of such situations:

- When we don't have someone to sit down for lunch with
- When we move to a new city
- When nobody has time for us on the weekend
- When they give you good news and you have no one to share it with

Over the past decades this occasional feeling has become chronic



FEELING ALONE VS BEING ALONE



When you are alone, you can be very happy but you hate every second that you are with your friends. It is usually a disorder that is neglected.



You can be home alone, but you don't experience loneliness. On the other hand, if you feel alone, you end up isolating yourself and you are left alone.

PHYSICAL EXAMINATION



SADNESS

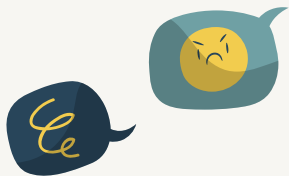
Discouragement to perform any activity

CRYING

Crying from time to time without being able to control it

BODY DISORDER

Feeling immobile, fatigue, as if gained weight



SOCIAL PAIN

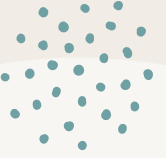
In the first civilizations, in order not to be excluded from your group, the body developed social pain

CONCEPT

This pain is an alarm system that makes you stop the behavior that will isolate you



TREATMENT



EXERCISE 1

Contact someone today even if you feel a little lonely. Brighten the day for the other person



EXERCISE 2

Go somewhere that is usually embarrassing for you, such as a social event, for example

