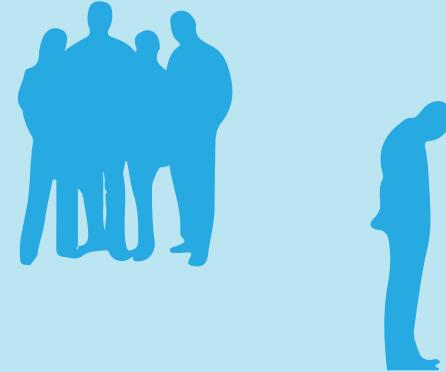


# LONELINESS

## > WHAT IS IT?

Loneliness is an awareness that you don't feel connected to others that may cause important needs not to be met. Loneliness doesn't necessarily mean being alone. You can still feel lonely when surrounded by hundreds of people, in class or even while in the middle of a party.



### TIPS TO OVERCOME LONELINESS

Get involved in orgs and activities on campus.



Seek counseling that will teach you skills such as boosting self-esteem, assertiveness and social skills.



When you're alone, use the time to enjoy yourself. Work on projects or hobbies, listen to music or watch a favorite movie.



Volunteer. Helping others will boost your self-esteem and may introduce you to like-minded people.

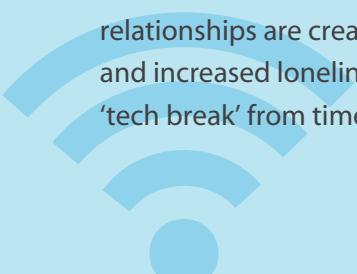


Don't lose heart! Building a positive identity that includes a mix of meaningful relationships and a strong sense of self takes time.



## > THE PROBLEM WITH TECHNOLOGY

America's love for social media and tech relationships are creating weaker social ties and increased loneliness. Give yourself a 'tech break' from time to time.



## > SIGNS OF LONELINESS

You may feel...

**EXCLUDED** from a group

**UNLOVED** by those around you

**ALONE** and you have no other choice

### Give us a call

To the left are some helpful tips on how to overcome loneliness. If you have further questions and would like to speak to someone about it, feel free to call us at the University Counseling Center: **(616)331.3266**



**VISIT OUR WEBSITE**  
[www.gvsu.edu/counsel](http://www.gvsu.edu/counsel)





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