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10 things to do if you re feeling lonely verywell mind Jun 24 2022 web may 5 2022 while everyone feels lonely at times being alone too much can negatively affect your physical and emotional health studies have found that loneliness can be just as harmful for your health as smoking 15 cigarettes per day loneliness is also linked with cognitive decline and the risk of developing major psychiatric disorders

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**as in lone not being in the company of others a
single lonely cactus in the desert synonyms
similar words relevance lone solitary alone
single solo lonesome unaccompanied isolated
deserted friendless secluded abandoned
separated on one s own isolate retired
withdrawn unattended cloistered
unchaperoned forlorn divided**

**loneliness causes and health consequences
verywell mind Apr 22 2022 web may 24 2022
while common definitions of loneliness
describe it as a state of solitude or being alone
loneliness is actually a state of mind loneliness
causes people to feel empty alone and
unwanted people who are lonely often crave
human contact but their state of mind makes
it more difficult to form connections with
other people**

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**7 types of loneliness and why it matters
psychology today Aug 27 2022 web feb 27 2017
loneliness feels draining distracting and
upsetting desired solitude feels peaceful
creative restorative it seems to me that there**

are several types of loneliness of course not everyone

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***what to do when you re lonely tips for coping
with loneliness* Jul 26 2022 web jul 15 2022
acknowledge and validate your feelings of
loneliness telling other people or even
admitting to yourself that you re lonely can
feel scary shameful and self defeating but
expressing that**

***17 easy things to do when you re feeling
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are 17 things you can actually do to feel a
little less lonely a little more confident and
way more connected 1 admit you re lonely as
with a lot of things the first step to moving
forward is getting real about what you re going
through most people try to deny they re lonely
or they assume they must just be anxious or
depressed**

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