

## Anti-loneliness actions for 12 connections

### **BIRTH FAMILY**

Call or visit a family member.  
Plan a meal together. Celebrate birthdays and holidays.

### **IMMEDIATE FAMILY**

Plan a special day or a trip.  
Check off a seasonal bucket list.  
Play games or sports. Practice emotional intelligence. Use their love language.

### **FRIENDS & COMMUNITY**

Call or have coffee with a friend. Perform random acts of kindness. Give small gifts of appreciation. Make a special treat to share with someone. Uplift others with kind actions & words. Give a genuine compliment.

### **WORK**

Use your strengths. Choose goals and take action toward them. AIM for a vision that is Active, Inspiring, and Meaningful.

### **BEAUTY**

Practice a creative art. Take an art class. Visit an art museum.  
Listen to inspiring music.

### **NATURE**

Take a walk. Be aware and mindful. Look up, pay attention, observe, smell the roses! Grow plants. Garden.

### **HISTORY**

Learn the history of your country, town, and culture.  
Read historical fiction and non fiction books.  
Watch inspiring biographical movies.

### **PETS & ANIMALS**

Adopt a pet. Visit a zoo. Watch videos about nature and animals.

### **ORGANIZATIONS**

Join a group or volunteer for a cause you believe in.

### **IDEAS & INFORMATION**

Be curious. Try new things. Learn. Read and watch TED talks.

### **SPIRITUALITY**

Practice spiritual beliefs. Attend a church. Practice gratitude. Thank those you are grateful for. Keep a journal.

### **SELF**

Know yourself and follow your values. Practice self care. Meditate. Exercise.