

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.