5 Ways to Reduce Loneliness and Increase Connection

There are plenty of ways to connect nowadays. But it's still easy to feel lonely. Making meaningful connections with others can help. And even small steps add up.

Here are five things you can try to feel more connected and less lonely.

One: Try helping someone else. Even helping just one person one time is a way to connect. You can try helping a neighbor with groceries.

Or some people volunteer for an organization that interests them. This can be a great way to help people *and* meet others who share your interests.

Two: Think about getting a pet. A pet can be a great friend. And having pets can also be an easy way to relate to and connect with other people.

And even if you don't have the type of pet that goes outside, they'll still be there to keep *you* company. Three: Take care of the relationships you already have.

Increasing connection can mean reaching out to people you already know.

Here's something you can try after this video: Call a supportive friend or family member you haven't talked to in a while.

It doesn't have to be a long call. Just reaching out can keep those connections strong. And you never know how reaching out to just one person may connect you to others.

Four: Find new connections. Think about your hobbies and interests. Are there groups that get together to do those things?

Maybe you can join one of them. That hobby could connect you to lots of other people who share your interest.

And five: Consider talking with someone. It can be hard to make changes on your own.

And it can be scary to think about putting yourself *out there* in social situations. If you'd like support getting started or if loneliness is making it hard for you to go about your day, a counselor can help.

These are just a few ideas for connecting more. Maybe one of them will work for you.

Or maybe you have your own ideas for how you might connect more with other people.

Either way, what's one small step you can take *today* to feel more connected?