



## Loneliness & Stress

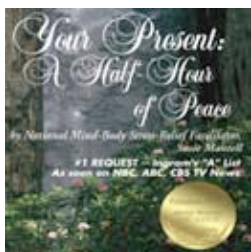
by award-winning author / stress-relief expert **Susie Mantell**

Loneliness can take many forms, from the absence of family or a sense of community to feeling isolated and alone, even among others. People who create meaning in their lives, who experience "something greater" within and outside of themselves, tend to enjoy deeper peace and satisfaction personally and professionally. Individual belief systems and lifestyles will dictate how one discovers a sense of connection, within or without a specific religious context. Some discover faith in the abiding strength of the human spirit that sees us through to better days. Loneliness is a matter of perspective. Solitude can feel delicious, and silence can bring comfort. But some days we long for companionship, so here are a few suggestions to soothe the stress of loneliness

- Look for goodness in others and beauty in the world around you each day. Find ways to smile, laugh, give.
- Get up, bath, dress, and go outdoors each day. It helps. Read something meaningful or enjoyable, and listen to music you love.
- Take a look at "70 Ways to Feel Really Good ... Fast!" on my website at <http://www.relaxintuit.com>
- A sense of The Divine, a sense of wonder, of humor, attention to nature, curiosity, joy, creativity and gratitude all replenish a weary spirit.
- Meditation, prayer, movement, music and healthy relationships remind us that when we are alone, we need not feel lonely.
- Find ways to help others. It is difficult to feel lonesome with your hand extended to ease another's journey, and allow theirs to help you along the journey as well.

I believe we each come here with purpose and with unique gifts. The discovery of those gifts allows us to share with others and to realize meaning in our own lives.

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## END OF THIS TIP ##