



Student Wellness Program

<http://ubhc.rutgers.edu/swp/index.html>

Loneliness

Contrary to popular belief, loneliness is not necessarily about being alone, but rather feeling a deep sense of being isolated and disconnected from others. Loneliness is different than being alone as there are many benefits when we voluntarily choose to spend time by ourselves while still balancing time connecting with family, friends, social supports, peers, pets, groups, communities, etc.

Loneliness is a universal emotion¹. It can show up in many different ways and can differ from person to person. One may be surrounded by people and still feel lonely. Loneliness can have a negative impact on our mental and physical wellbeing. When an individual is feeling lonely, it can be a difficult phenomenon to describe, increasing the sense of isolation and a lack of feeling understood. Loneliness is a very common experience and there are steps one can take to help mitigate the overall impact. Here are some tips to help prevent and manage feelings of loneliness:

- Engage in community service or another group activity you enjoy²—this can create an opportunity to connect with people and increase social interactions while engaging in something meaningful.
- Make efforts to avoid negative bias²—put energy towards having positive thoughts and attitudes about the relationships you have.
- Quality vs Quantity²—the number of friends matters less than the quality of them. Make an effort to connect with people that share common interests and values with you.
- Practice mindfulness²—if you find that you are feeling lonely, notice it and take steps to address it.
- Spend time outdoors¹—movement and being in nature can be a great way to boost our mood.
- Practice gratitude¹—spending consistent time noticing what we are grateful for can help us to shift our focus to the more positive aspects of our lives and relationships.
- Seek out support¹—reach out to your social supports, academic supports or the SWP for additional help and guidance.



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Student Wellness Program

Piscataway (732) 235-5933

Newark (973) 972-5429

Voorhees (856) 770-5750

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Student Counseling
Educational Training
Consultations
Psychiatry Services
Orientations
Crisis Debriefing

SWP SERVICES

SYMPTOMS OF LONELINESS¹

- Feelings of sadness, depression, disconnectedness.
- Feeling left out.
- Feeling isolated even when you are with others.
- Feeling insecure.
- Changes in sleep.
- Changes in appetite.
- Feeling worthless.
- Increased withdrawal from activities.

The Student Wellness Program (SWP) is available to you and any family members residing in your household, should you be experiencing any stress based events.

All services are free and confidential. Your school has already provided this as another benefit to you. No information is shared with your academic program without written consent from you.

Not only is the SWP available for concerns related to stress, we also work with individuals, couples and families for reasons such as personal difficulties, relationship concerns, grief, anxiety, parenting issues, time management, and substance abuse assessments. Whatever your concerns, we are here for you. Currently the SWP is providing telehealth services via telephone or video. Feel free to reach out to us by telephone if you have any questions, concerns or would like to schedule an appointment.

We are a phone call away...



Piscataway:

(732) 235-5933

Newark:

(973) 972-5429

Stratford/Camden:

(856) 770-5750



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1. Chai, C., Everyday Health, (July 29, 2022) *All About Loneliness: What Causes It, How to Cope With It, and When to Get Help.* <https://www.everydayhealth.com/loneliness/>
2. Cherry, K., Very Well Mind (December 5, 2023), *Loneliness: Causes and Health Consequences.* <https://www.verywellmind.com/loneliness-causes-effects-and-treatments-2795749#:~:text=While%20common%20definitions%20of%20loneliness,to%20form%20connections%20with%20others.>