Mental Health Ireland

Loneliness at Christmas



The holiday season can be particularly challenging for those of us who are feeling lonely, as it's often filled with reminders of togetherness. These suggestions are designed to help you connect meaningfully with others, even in small ways, and to nurture a sense of purpose and self-connection.

Reach out to your favourite people

Choose some people you'd like to spend time with - friends or family who boost your mood - and reach out to them.

Join meet-up groups

Search for online or face-to-face groups around your interests. Join one and introduce yourself.

Volunteer

Reach out to local charities and volunteer during the holidays.

Plan simple activities

Write down a simple routine with some activities that help you feel grounded and stick to them or choose a simple hobby you can start with.

Spend time in nature if you can

Plan a nature activity as often as possible, like visiting a local park, going for a walk, or having lunch outside if the weather is nice. Spending even a few minutes in green spaces can boost your mood.



Reach out to someone who might feel lonely

Think of one person who might appreciate company and invite them for coffee, a walk, or a quick catch-up call. Even a short connection can mean a lot to someone feeling isolated.

Prioritise quality over quantity

Set a goal to connect with one or two people rather than feeling pressured to socialise widely.

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