







**Read a book.**

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**Go for a walk.**

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**Talk to  
someone about  
how you are  
feeling.**

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**Ignore how you  
are feeling.**

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**Write a diary  
about what is  
happening.**

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**Listen to music.**

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**Turn down  
invitations  
from friends.**

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**Stay in your  
room a lot of  
the time.**

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**Sit with others  
to eat your  
meals.**

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**Do some  
exercise.**

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**Join a new  
group to meet  
new people.**

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**Make more of  
an effort to  
arrange to see  
your friends.**

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**Speak to an adult when you are feeling sad.**

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**Write a letter giving advice to yourself about how to feel less lonely.**

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**Help other people who look lonely.**

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**Take part in a team sport.**

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**Write a blog.**

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**Get outside into the fresh air.**

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**Stay inside and  
watch TV or  
play computer  
games on  
your own.**

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**Ask a  
professional,  
such as your  
doctor, for help.**

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