

Ways to Beat Loneliness

May is Mental Health Awareness Month



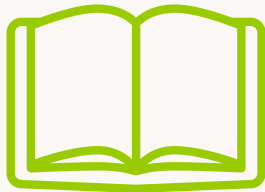
Find a New Hobby

Finding a new hobby, or picking up an old one, will generate interest and fill your free time with something you enjoy.



Volunteer

If there's a charity or organization you support, why not volunteer to help it? It can be a great opportunity to get out of the house, meet new people and feel useful.



Read

If you enjoy a good read, you might enjoy being part of a book club. It can be fun and mentally stimulating to discuss books with like-minded people.



Garden

It's a great way to get some fresh air and gentle exercise, and rewarding to grow your own flowers or vegetables.



Get a Pet

Pets are great companions and offer many of opportunities to meet new people and get exercise. A pet can also reduce depression and provide a sense of purpose.



Join a Team

There are plenty of local recreational teams that are looking for new players. Playing on a team encourages exercise and is a great way to meet new people in your community.