

Connect with yourself

Everyone feels lonely sometimes, whether we have few or many people around us. You can take steps to have more social and supportive connections.

Don't compare yourself to others on social media, on TV or in magazines - they might not show their true lives



Think about what you enjoy in life or activities you want to try - there are so many groups and classes for different interests



Make a list or plan of steps to connect with others - keep it small and simple, don't put lots of pressure on yourself



Tip: Explore our MindWell '[Look after your wellbeing pages](#)' for links to local Leeds groups, services and organisations.

www.mindwell-leeds.org.uk

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