



Peer Education Project

Loneliness

Finding our
connections to feel
less lonely

Assembly





Mental Health Awareness Week 2022



The theme is loneliness.

SLIDE 2



What do we mean by loneliness?



Loneliness is often described as when we feel we do not have the meaningful relationships we want around us.

10%

of young people
say they often
feel lonely



Experiences of loneliness



Although we may all feel lonely from time-to-time, we are not all equally at risk of loneliness.



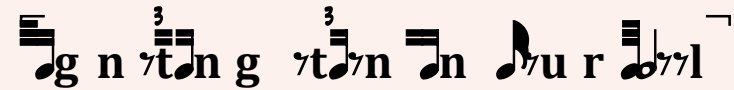


Short-term and long-term loneliness



Many of us will feel lonely from time-to-time.

Sometimes we can feel lonely for longer periods of time.





Difference between feeling lonely and being alone



Social isolation

The physical separation from the people, and the things, that brings us comfort and support.



What is mental health?



Our mental health can change depending on our experiences and circumstances throughout our lives.





How can loneliness affect our mental health?



Watch here



SLIDE 8



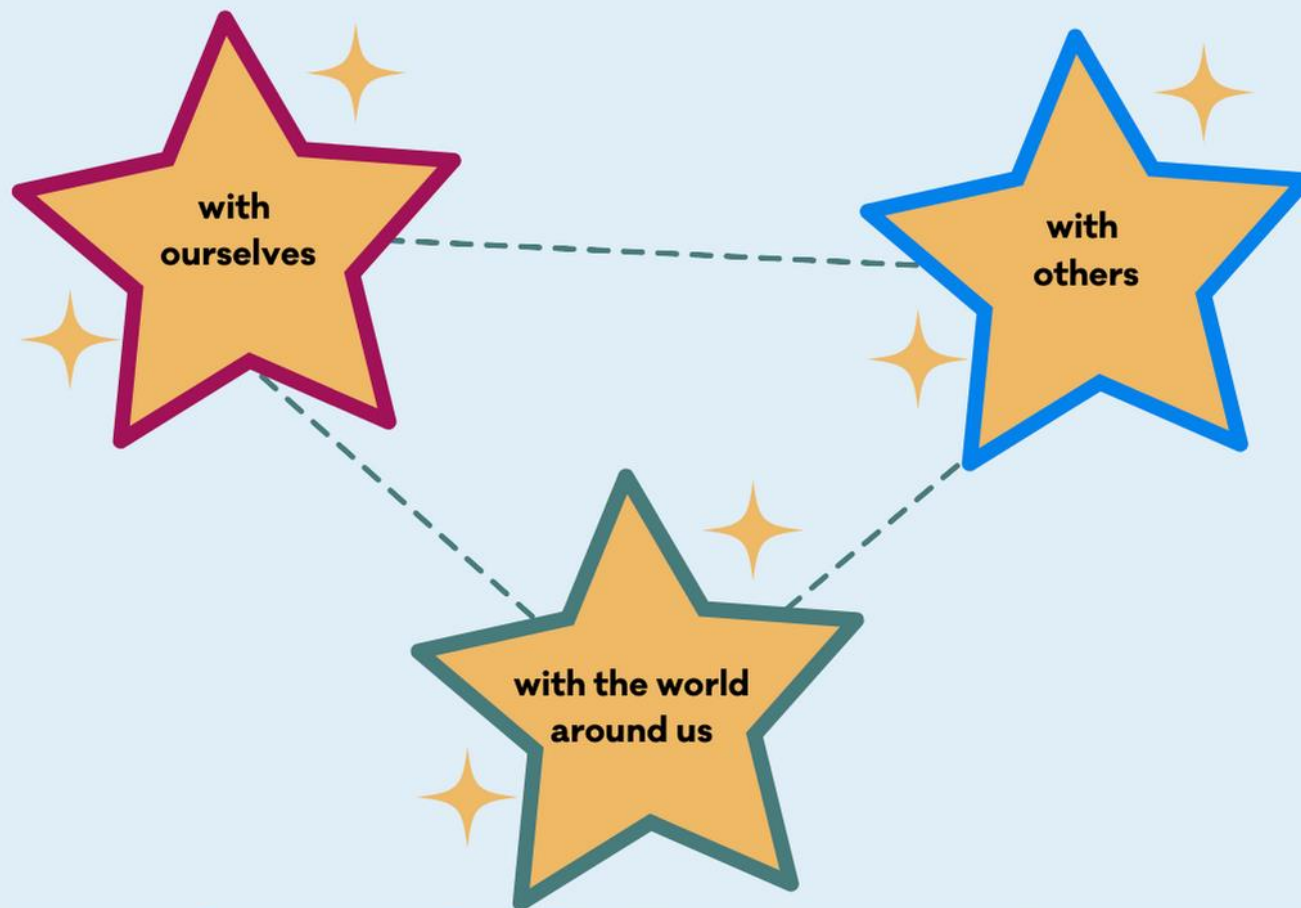
How can loneliness affect our mental health?



Although loneliness is not a mental health problem, it is an experience that can affect our mental health.



How can loneliness affect our mental health?



SLIDE 10



Connecting with ourselves



When experiencing emotional loneliness, finding ways to connect with ourselves can be helpful.



Connecting with ourselves



- Practice mindfulness
- Listen to music and dance
- Journal
- Practice yoga
- Paint
- Try something new
- Do something that you are good at





Connecting with others



Social loneliness is feeling like you do not have the supportive relationships you would want, in your life.

It can take time to build meaningful connections with others.





Connecting with others



- Call or text a friend
- Offer a hug to someone we care for
- Do an activity with someone
- Join a new club or activity
- Speak to a trusted adult





Connecting with the world around us



Existential loneliness is feeling a lack of connection to the world around us.





Connecting with the world around us



- Go for a walk
- Read a book or watch tv
- Take on a responsibility
- Show kindness to the world around us



Top tips for looking after ourselves when feeling lonely



Be kind to ourselves



SLIDE 17



Top tips for looking after ourselves when feeling lonely



Find ways of expressing how we feel

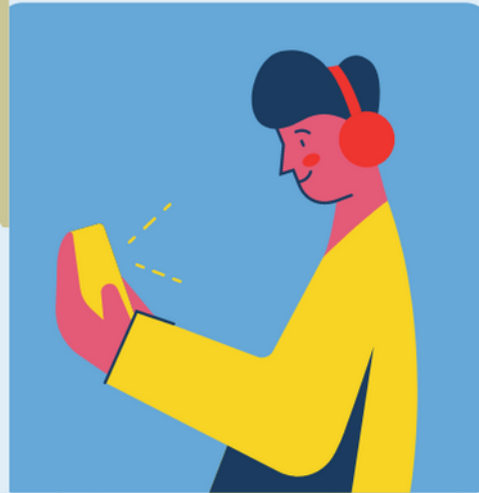




Top tips for looking after ourselves when feeling lonely



Talk to someone





Top tips for looking after ourselves when feeling lonely



Do things that we enjoy





Top tips for looking after ourselves when feeling lonely



**Spend time with those who
support us**





Top tips for looking after ourselves when feeling lonely



Find people with similar interests to us





Top tips for looking after ourselves when feeling lonely



Be mindful of the media we look at





Top tips for looking after ourselves when feeling lonely



**Show gratitude and kindness to
ourselves and others**





Mental Health Awareness Week 2022



How to get involved with Mental Health Awareness Week



Visit mentalhealth.org.uk or connect with the Mental Health Foundation's social media channels:

Twitter: @mentalhealth

Facebook: @mentalhealthfoundation

Instagram: @mentalhealthfoundation

LinkedIn: @mental-health-foundation

Wellbeing

This page includes resources to help support your mental health and wellbeing, whether you are a student, member of staff or a parent. Students today must learn to navigate a complex and ever changing world, facing challenges and pressures in many areas of their life. Parents and staff may need guidance in how to support them or with managing their own mental health and wellbeing; the links and apps we have referenced will help you to manage your mental wellbeing.

If you are a student with concerns or you are worried about your child, please email [Student Welfare](#) in the first instance and we will do our best to help.

+ Covid-19 advice

+ Mental health during a lockdown

+ Alleviating fears around back to school

+ Resources on specific wellbeing topics

+ Students

Becky Mind

- A team of fully trained Year 12 and 13 students
- Mentors who will listen, not judge
- Confidentiality and safeguarding
- Guidance to in school and external support

Who can I talk to in school?

- Form tutor
- Head of Learning
- Pastoral Lead – Mrs Robinson
- Student Welfare – Mrs Chapple and Mrs Vaughan
- Mr McClean
- Student Counsellor, Mrs Harle – studentcounsellors@beaconsfieldhigh.bucks.sch.uk
- Any member of staff you trust - there is always someone you can talk to