

8 TIPS TO REDUCE LONELINESS

8 TIPS TO REDUCE LONELINESS THROUGH *POSITIVE COMMUNICATION*

We are social beings and need healthy relationships to live a happy and meaningful life. Today, however, 1 in 4 people in the world feel fairly or very lonely. There are many reasons for this, including our use of social media or simply working remotely. But our task remains: to stay closer together in an ever-widening perimeter of communication.

The ***Positive Communication Network*** is proud to present 8 tips to reduce loneliness in your life through positive communication. Loneliness is not about the quantity of your connections – it's about the ***quality*** of your communication. If you use positive communication, you can increase the quality of your relationships and deepen your connections.

#1 —

GREET OTHERS WARMLY

"Hi! Hello! Nice to meet you" — All human relationships begin with a greeting. It's the spark that leads to further connection. Yet, so many of us are afraid to make the jump. Research has shown that even though many of us choose to ***not*** initiate a small conversation (especially with strangers), when we do, almost everyone ***enjoys*** the moment and even benefits psychologically! Make the first move and see where the conversation goes! Not ready to start a conversation? Simply nodding or wishing someone a good morning has a positive impact on you and them!

#2 —

INVITE CONNECT TIME

One key behavior for maintaining relationships is spending time together. Reaching out to others can create the right opportunity for connect time. Sharing time together offers a space for deeper communication to take place. Ask someone to go on a walk with you or have lunch. You will notice right away that the relationship is getting stronger.

#3 —

ASK MEANINGFUL QUESTIONS

A great way to connect with others is to discover more about them. Asking big open questions is key. Put yourself in a position of discovery. Here are three prompts you can use today: "Tell me about your story." "What are some experiences that have made a positive difference in your life?" and "What are you really dreaming about or hoping for?" Sometimes, a simple "tell me more" or "I'd love to hear more about that" can deepen connections too.

#4 —

BE PRESENT

You can build relationships by being present, but you have to be available and be physically alert. Instead of looking at your phone while waiting in line at the grocery store, for example, make eye contact with people around you and offer a smile. Even at work, researchers have shown that virtual teams perform better when they have face-to-face interaction. Make an effort to be present and you will experience better connections.

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#5 —

OFFER TO HELP SOMEONE

One of the five love languages is acts of service. Offering our help to others not only improves our mental health and boosts our self-esteem, it also builds community and inspires a ripple effect. Adam Grant, author of "Give and Take," suggests practicing "**the five-minute favor**," the habit of doing something small every day to help someone you are connected to. All you need to do is offer your help: "Can I do anything to help you today?"

#6 —

EXPRESS GRATITUDE

Telling the people in our sphere of influence that they matter helps to create meaning in our lives. Expressing gratitude offers a range of benefits including reducing depression, helping people sleep better, and increasing happiness. More than that, expressing gratitude strengthens our sense of connection with others. Reach for a pen and write someone a letter of gratitude or simply text or call a friend or a loved one and tell them how much they mean to you.

#7 —

LISTEN MORE DEEPLY

There is almost nothing more affirming than being deeply listened to; listening deeply allows us to truly understand others, offer comfort, and even transform our relationships. Take a moment in your next interaction to practice a deeper form of listening. Give the other person your full attention. Be curious about their experience without offering any judgment or advice. Simply be fully present and attentive. You might just experience the magic of listening.

#8 —

SAVOR THE MOMENT

Have you ever savored a piece of chocolate? You can do the same thing with communication. Take a moment right now to think about a conversation that you've had that brought you great joy or great happiness. Bring to mind the people involved, what was said, and where you were. Slow down the moment so you can fully appreciate its many facets. Remember the main message that brought you such joy and write it down on a piece of paper. Now, share this story with another person. When we savor rich moments in the present, by remembering or imagining them, we call people close to us and increase a feeling of connection.

Reducing loneliness is a journey. By making small changes in your communication, you can shift your experience and create more meaningful relationships along the way.

The mission of the Positive Communication Network is to foster a community dedicated to creating better social worlds for all through positive communication research, education, and practice.
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