

# WAYS TO STAY CONNECTED



## WHAT IS LONELINESS?



Loneliness is a state of **mind.**

One can feel lonely even though he or she is being surrounded by roommates or peers.

## REASONS FOR FEELING LONELY



moving to new environment



living alone



language or cultural barriers



feelings of loss or grief



mental health conditions (eg. depression or anxiety)



difficulties in meeting new people

## LONELINESS AND YOUR HEALTH

### PHYSICAL SYMPTOMS



Illnesses



Headaches



Aches & pains



Worsening of health condition

### BEHAVIOURAL SYMPTOMS



Loss of appetite



Increased consumption of alcohol, cigarettes, drugs



Difficulty sleeping, or sleeping too much



Frequently feeling tired and lack of motivation

### MENTAL HEALTH CONDITION

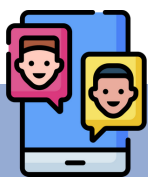


Feelings of worthlessness, hopelessness, or thoughts about suicide



Increased risk of depression, anxiety, paranoia or panic attacks

## COPING WITH LONELINESS



### Stay connected with your family and friends

Talk on the phone, text or video call your loved ones in your home country frequently and not just chat when there is a big event or crisis.

**TIPS!** There are also other ways to keep your loved ones close, such as remembering birthdays and sending them handwritten cards or e-cards.



### Get out and about!

There are many activities you can do with your friends, such as exercising, shopping or simply heading down to a cafe for a meal.

Go for social functions; if you are shy or feel awkward during social settings, click [here](#) to read how to improve your social skills.



### Consider getting a pet

Pets are great companions. They can provide comfort during times of distress and isolation.

Getting a pet is a lifelong commitment. Before adopting one, ensure you can provide lifelong care for the pet. Alternatively, you can volunteer at animals shelter.



### Be Involved

Try picking up a new hobby or learning a new skill.

Alternatively, get involved in campus activities. PSB Academy has many events that are free for all PSB Academy students. Check your emails frequently as we update you on new exciting activities!

Join our student clubs in the areas that might be of interest to you. Click [here](#) to join or to know the list of students clubs available.



### Get Support

Talk to someone you trust about your distress and concerns.

Alternatively, you can approach PSB Academy in-house counsellor, make an appointment at **6390 9214** or [care@psb-academy.edu.sg](mailto:care@psb-academy.edu.sg)

Click [here](#) for more community resources.