

**FREE RESOURCE  
PACK:  
*LONELINESS***



# FREE RESOURCE PACK: *LONELINESS*

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First published in Great Britain by All Resources 2022  
Design and illustrations by NuVolution Media  
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## Free Mental Health Resource from All Resources

- A free resource which outlines the key points related to each particular issue.
- In clear language, free of jargon and in easy to digest chunks.
- To engage students of all ages and learning styles and help them improve their understanding.
- To enthuse and engage young people and help create a positive learning environment.

This free resource introduces the topic of loneliness and asks:

### What is Loneliness and What Causes People to Feel Lonely?

Explain to the group that loneliness is not simply being physically alone. Read the following paragraph and ask for comments:

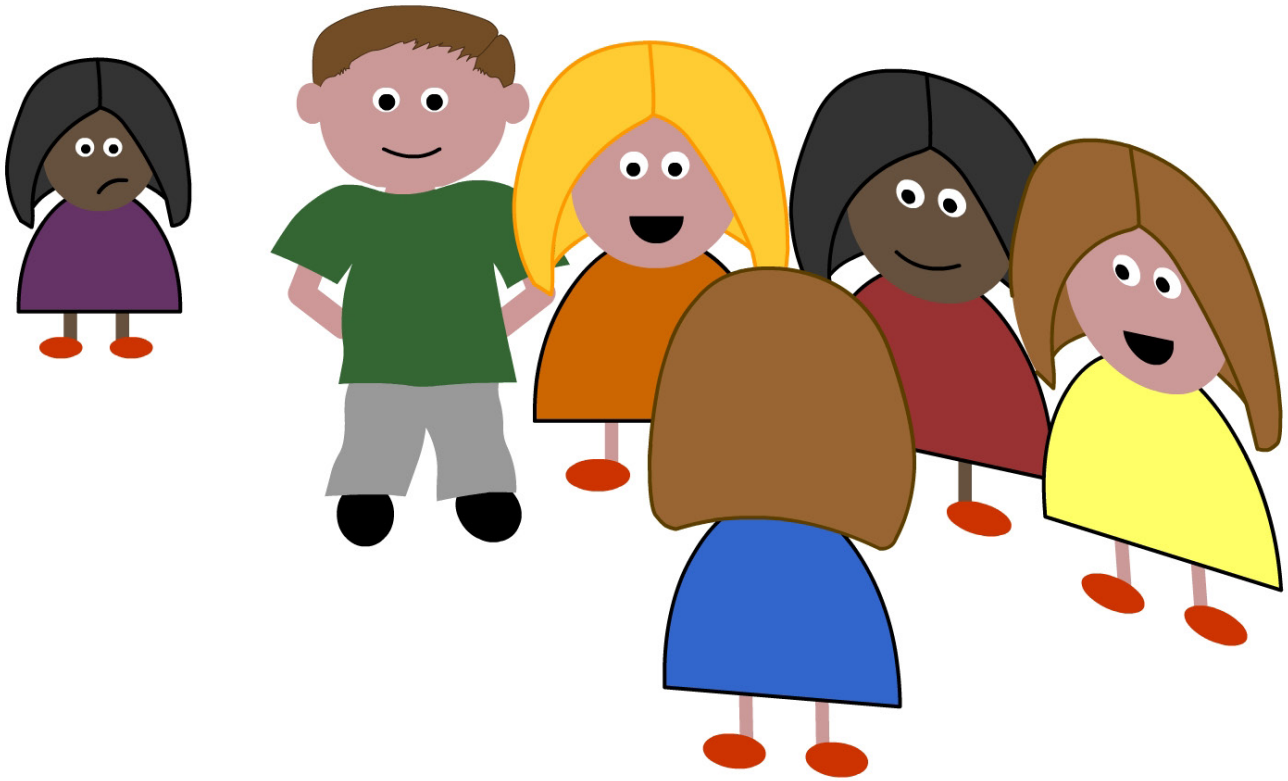
*'You can be in a crowded room and still feel lonely. Conversely you can be on your own but not feel lonely at all. Loneliness is an intense feeling of being cut off from the world. Even though you may want to be with others, you can't seem to make friends. Loneliness can be totally overwhelming and impact negatively on your mental health.'*

### Feeling Lonely

Discuss the following feelings with the group and ask if anyone has ever felt like this and why:

- Nobody likes me because I am uninteresting and useless.
- I crave company but cannot bear the pain and anguish of having to converse with another person.
- I can never think of anything interesting to say.
- I'm too dull and boring to have friends — who would want to be friends with me?

- Nobody can understand the desperation and panic I feel.



Explain that many of these feelings are related to negative thinking. Sometimes our own thinking is responsible for our loneliness. Low self-esteem can form a barrier that prevents people from opening up to others.

## Questions to Ask Students

1. Why do some people seem to attract others?
2. What do you look for in a friend?
3. Do you think you are a good friend?
4. Do you find some people difficult to befriend? Why is this?
5. Do you hate to share your friends with others?
6. 'Loyalty is the most important quality in a friend'. Do you agree?

We hope you found this free resource useful.

For **10% off** resources and lesson plans use code **FLONEB** on our website. For a **25% discount** [fill out our questionnaire online.](https://www.allresources.co.uk/questionnaires/loneliness/)

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