

LONELINESS



Loneliness affects us all; it can happen anytime and can make us feel sad and miserable. Time in nature can help to combat feelings of loneliness. Connecting with local green spaces can encourage physical activity that in turn improves feelings of wellbeing.

Some people find that connecting with animals helps. Walking a dog or visiting a pond to feed the ducks or simply observing regular visitors to a bird feeder. Others find that that gardening or growing plants helps when they are feeling lonely. Many 'enjoy' being surrounded by greenery and find it boosts their mood.

There are many hobbies that take place outdoors to distract you from feelings of loneliness and give a sense of purpose and achievement.

Outdoor volunteering is a great way to build social connections. There are also many group activities across Highland for walking, cycling and gardening and growing and outdoor learning. Check out our '[directory](#)' and click on the map to see what activities are available in your neighbourhood.

Support and Advice

If you are feeling lonely, there are people and services who can help. Age Scotland run a free friendship line service where you can talk about absolutely anything. Call 0800 12 44 222 or visit Befrienders Highland and learn about the services on offer:

<https://www.befriendershighland.org.uk/>

Think Health Think Nature aims to encourage more use of the outdoors to tackle physical inactivity, mental health issues and health inequalities. Find out more:

www.thinkhealththinknature.scot

