

Next Steps

Loneliness

Anchor Phrase: *My relationships have changed, but I am not alone.*

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As you process the content of this chapter, read the action items below and implement the ones that could be helpful to you at this time.

- Try out a support group for caregivers, like those offered by The Negative Space, or join a caregiver group chat.
- Join The Negative Space and other caregiver channels on social media for caregiver content, connections, and reminders that you are not alone.
- Start to notice and show appreciation for the relationships, however new or seemingly small, that you have in your life.
- Your time and energy are valuable and there may be relationships that no longer serve you. Pay attention to how the people and situations in your daily life make you feel and adjust accordingly as you are able.
- Even if you don't have capacity to reach out to friends, research shows that even imagining yourself sending a text can help you feel more connected and grounded.
- If you do have energy, reach out to a fellow caregiver to check in. Connecting with and helping others can support our well-being and make us feel less alone.