

MANAGING LONELINESS AND ISOLATION DURING CHRISTMAS

The holiday season can bring joy and togetherness, but for many, it can also amplify struggles with isolation and loneliness. Here is a guide to understanding these challenges and practical strategies for managing them during this time

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- **Social Expectations:** Media and societal norms around family togetherness can intensify feelings of loneliness.
- **Loss and Grief:** Memories of lost loved ones or estrangement can resurface during the festive period.
- **Physical Isolation:** Health issues, mobility challenges, financial constraints, or distance can prevent connection with others.

STRATEGIES FOR MANAGING LONELINESS AND ISOLATION

CONNECT WITH OTHERS:

- Arrange video or phone calls with friends & family.
- Join online forums or communities focused on shared interests.

VOLUNTEER:

- Helping others can provide purpose and reduce feelings of isolation. Many organisations need extra help during the holidays.

CREATE YOUR OWN TRADITIONS:

- Watch your favourite movies, cook a special meal, or take a festive walk.

LIMIT SOCIAL MEDIA:

- Avoid comparing your experience to idealised portrayals online.

ENGAGE IN ACTIVITIES:

- Focus on hobbies or interests, such as crafting, reading, or outdoor activities.



SG Pam UK	PAM-144-465
SG Okarno	SGA-633-545
SG British Gypsum	SGB-739-287
SG Formula	SGF-430-009
SG Gyproc	SGG-941-361
SG High Performance Soutions (abrasive and ceramics)	SGH-691-236
SG Offsite Solutions	SGO-706-955
SG Professional Services	SGP-218-352
SG GTC BPB	SGG-921-354
SG Calders & Grandidge	SGC-463-942
SG Isover	SGI-409-619
SG Life Sciences	SGL-841-310
SG PPL Corby	SGP-295-848
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SG Glass	SGU-K2- 921-14
SG Glassolutions	SGU-K2- 921-14
SG Glass Swisspacer	SGU-K2- 921-14
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SG Weber	SGW-621-524
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