

# Wellbeing & Counselling Tips

## Loneliness



University of  
**Salford**  
MANCHESTER

Remember everyone is different and you will find what works for you

### Talk it out

Talk to friends/family/or online using peer support forums and support services. Try these: <https://www.elefriends.org.uk/> or Care First: **0333 212 5968**

### Reflect on yourself

Create structure to your day and look after yourself. Think about your diet, try and get enough sleep, get outside and try exercise

### Connect with others

Connect online with people via groups and outside (social distancing allowing) Do you have a hobby that you would like to share in a safe space and connect with others? Facebook groups (where it is moderated) or try meet up groups here: <https://www.meetup.com/find>

### Try volunteering

Volunteer and connect with people. <https://do-it.org/>

### Techniques and therapies

Try Mindfulness and/or talking therapies (like CBT) They can be useful tools to help you deal with unhelpful thoughts.

Mindfulness apps: Headspace or Calm

What is CBT? [https://www.youtube.com/watch?v=9c\\_Bv\\_FBE-c](https://www.youtube.com/watch?v=9c_Bv_FBE-c)

**ask**



WELLBEING &  
COUNSELLING

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