



Coping with Loneliness: Tips for Seniors

Forge friendships

Take the initiative to meet new people. You'll find that over time, some of these relationships will grow into close friendships, the kind you can turn to for emotional support.

The Lexington 4-Life Center offers classes, activities and social functions. Churches, health clubs, civic and service organizations, educational classes, travel clubs, and special interest groups are also good places to meet people of all ages.

Get reacquainted with old friends and neighbors. Lunches and neighborhood get-togethers are a great way to engage.

If you are homebound, call the Margaret Gray Center or a place of worship to inquire about home-visitation services and community transportation.

Seek out volunteer opportunities

Volunteering your time and talents can help you gain a renewed perspective about your present situation. Learn about current volunteer opportunities by calling the Margaret Gray Center.

Find a hobby that suits you

Engaging in a hobby is a wonderful way to mentally recharge. Take the time to find a hobby that suits your interests. Don't give up on your pursuit. Keep in mind you are well worth the effort.

Adopt a pet

Most people don't feel so alone in the company of a pet. Pets love unconditionally, they are accepting, they don't criticize, they don't judge, they forgive and they give pleasure. Plus, caring for a pet can renew meaning and purpose in your life.

Remember the things and people that gave you joy

Those “retrospect moments” put a smile on our faces and in our hearts. Recalling positive past moments and people are healthy emotional tools that affirm and edify.

Watch out for depression’s warning signs

Loneliness can indicate depression, a disease that causes mental and physical deterioration. Feelings of sadness and despair, loss of appetite, apathy, reluctance to make decisions, suicidal thoughts, and trouble sleeping are signs of depression and should be discussed with your health care provider.

Feel free to contact us at 660.259.2025 for additional information and referrals.