

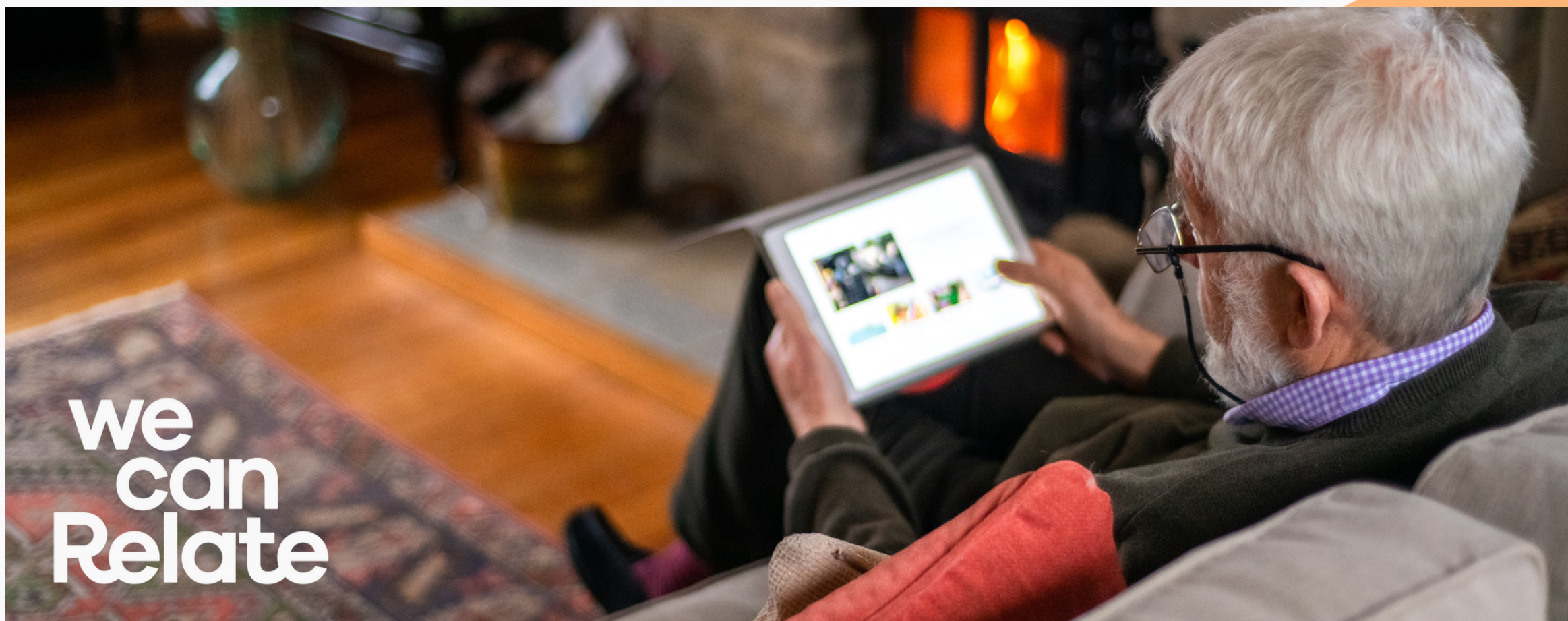
Relieve the Pressure Prompts

Week 6 - Combatting Loneliness Using The Protective Power Of Relationships

CONVERSATION PROMPTS: DECEMBER 19TH-25TH

Everyone needs social connections to survive and thrive, including men! People around us who are experiencing loneliness aren't always the ones we think of. Here are some conversation prompts to help assess and combat loneliness;

1. How's things? Have you been out about lately? Where have you been?
2. Fancy meeting up for a coffee? We can meet up locally or I can come to you? What works best for you?
3. I'm meeting a few friends, would you like to come along?
4. If you're busy, maybe we can chat over the phone? What other time might work for you?
5. Are you feeling lonely? Perhaps we can plan an afternoon away? Did you know you can call MAN for a chat on 02871377777



WHAT NEXT?

For a range of tips, tools & videos to support you to 'Relieve the Pressure' on your relationships this winter, visit;

[Relateni.org](https://relateni.org)

You can also call Mens Action Network just for a chat, including on Christmas Eve, Christmas Day & New Years Day;

02871377777

TOP TIPS TO RELIEVE THE PRESSURE THIS WEEK

Loneliness can often feel overwhelming and something out of our control, so it can be useful to have a starting point.

- Acknowledge loneliness in yourself or others
- Identify what you or they need
- Reach out to someone you trust and discuss your situation
- **BE PROUD OF YOURSELF** in reaching your starting point