

# Preventing Loneliness By Connecting With Others

Positive and healthy relationships with family and friends help us to thrive. They provide older people with a buffer against the challenges inherent in the aging process such as changes in health, cognitive functioning and possible social losses. Here are some tips to help you connect with others:

Talk with people that you trust & share your feelings.

Suggest activities to help you to nurture and strengthen existing relationships such as with grandchildren or neighbours.

Join a club or start a new skill with others. There are lots of options for activities online or in person to meet new people.

Be brave and initiate arranging activities with family and friends. Sending the first text message could help to move things in the right direction.

**Relate NI**

#RTP23

  
**Good Vibrations**