



Single and Loving It!

Few occasions are more annoying to the newly single person than Valentine's Day. It can be difficult to find peace in one's life following a break-up, especially if everyone around you seems to be in a relationship and happy. But being single doesn't have to be miserable. In fact, the end of a relationship can also be the beginning of new hobbies, pursuits, and different kinds of social support that you wouldn't have otherwise explored when you were part of a couple.

Here are some suggestions for ways to enrich your life when you're going solo:

Go out to a meal or a movie by yourself.

This may seem counterintuitive, but partaking in social activities (such as going out to eat) that we typically associate as a group or at least a two-person activity can be liberating! Don't pass up that intriguing new restaurant just because you don't have anyone to go with – go with yourself! See a movie alone, then spend some quiet time afterwards reflecting on what the film meant to you and whether you'd recommend it to others.

Reach out to others in your life who may be struggling with loneliness.

Chances are there are rich sources of social support in your life that you weren't always paying attention to when you were in a relationship.

Perhaps a lonely neighbor, an elderly relative, or a young person in your life who could use some guidance. If you don't know anyone personally, there are likely to be a few youth mentoring, elder care, or charity volunteer programs in your area.

Consider taking a break from your social media accounts.

Used in moderation, social media is a fantastic way to connect with friends and family, share thoughts and life experiences, and stay in touch with the people in your life. But sometimes social media can make us feel even lonelier than we really are; sometimes online connections are superficial and keep us from developing deeper and more lasting connections with people. Try taking the social media apps off your phone – you don't even have to delete or deactivate your accounts – and see how your life feels like after a couple of weeks of not routinely checking in on social media.

If you're feeling down and you'd like someone to talk to,

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