

LONELINESS: THE MODERN SOCIAL HEALTH CRISIS

RESOURCES

BOOKS

Alter, S. (2019). *A practical guide to overcoming loneliness*. Independently published.

Bahrami, S. H. (2019). *The loneliness companion: A practical guide for improving your self-esteem and finding comfort in yourself*. Rockridge Press.

Everts, J. (2021). *Connecting with loneliness: A guided journal: Prompts to discover self-love, build connection, and embrace joy*. Rockridge Press.

Swan, T. (2018). *The anatomy of loneliness: How to find your way back to connection*. Watkins Publishing.

ONLINE ARTICLES

Godman, H. (2024, April 4). 3 Ways to create community and counter loneliness. *Harvard Health Blog*. Harvard Medical School. <https://www.health.harvard.edu/blog/3-ways-to-create-community-and-counter-loneliness-202303082900>

Jones, L. (2023, March 20). *The misconception about introversion and extroversion: Enjoying alone time*. The Positive Psychology People. <https://www.thepositivepsychologypeople.com/the-misconception-about-introversion-and-extroversion-enjoying-alone-time>

McLean Hospital. (2023, July 13). *4 Steps to walk away from loneliness*. <https://www.mcleanhospital.org/essential/loneliness>

Mental Health Foundation. (2022, June). *15 things to do if you're feeling lonely*. <https://www.mentalhealth.org.uk/our-work/public-engagement/unlock-loneliness/15-things-to-do-if-youre-feeling-lonely>

WEBSITE

[Meetup.com](https://www.meetup.com)

APPS

Gratitude: Self-Care Journal

[Android](#) | [iOS](#)

ThinkUp – Daily Affirmations

[Android](#) | [iOS](#)