



THINGS TO DO IF YOU'RE FEELING LONELY

Start working out

Physical activities are good for your health and promote a good mood.



Gardening

Gardening can be a rewarding activity, and you will always have something to look up to daily.



Reading

Reading is perhaps the best way to escape reality and live in a parallel world.



Cycling

Cycling can be fun and keeps you fit.



Meditation

Meditation calms your mind and promotes mental health.



Get a pet

Adopt a pet, and have a friend for life. However, having a pet is a big responsibility, and be sure before getting one.



Volunteer

Enroll with an NGO and help people in need. Volunteering can give immense satisfaction and a purpose in life.

