

# Ways To Embrace Singledom Without Feeling Lonely



Regularly plan outings with your loved ones, especially on holidays.

Utilize your free time constructively by accomplishing your hobby goals.



Indulge in volunteering activities for an oxytocin and dopamine rush.

Practice gratitude by journaling positive memories and thoughts.



Periodically treat yourself to a fancy meal or your favorite pastime.

Avoid overindulging in fear- and sadness-inducing media content.



Utilize social media to make your social connections more meaningful.

Remind yourself of the health and financial benefits of being single.



## References:

1. Embracing Happiness When Single; Colorado State University
2. 17 Easy Things To Do When You're Feeling Lonely; The University of Chicago - Department of Psychiatry and Behavioral Neuroscience
3. 5 Ways to Embrace Being Single for the Holidays; GoodTherapy
4. How to Be Alone Without Being Lonely; HBR