## LONELINESS HELPSHEET FOR PARENTS



In recent years, teens and young adults have emerged as the loneliest people group on earth. Youth often have little experience with being alone, and their developing brains may not be ready to tolerate the discomfort of feelings that come from perceived isolation. Loneliness is a state of mind not a measure of connectedness and four out of ten teens say they feel loneliness regularly.

WATCH FOR THIS

Excessive online involvement

missing out on the socially full

life they believe everyone else

Feeling like there is no one

who understands them or

Falling self-esteem and sense

Your teen seems to possess

few options for coping with

Looking for things that will

eating, sleeping, gaming, drinking or drug use.

soothe the unbearable feeling

of isolation, such as increased

truly cares about them.

of self-worth causing

difficult feelings and

self-isolation.

situations.

leaving youth feeling

is living.

excluded, unwanted, or

NOTICE THIS:

when they are with others.

Your teen seems to feel alone and excluded, even

## SAY THIS

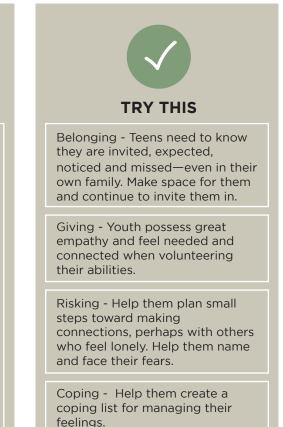
The presence of just one trusted adult greatly reduces the impact of severe loneliness. You can connect with lonely young people through invitations like this:

"I need to run to the store. Would you like to come along? I'd love your company."

"We miss you when you're not here because you bring \_\_\_\_\_\_ to our family."

"You're really good at \_\_\_\_\_\_. Let's think of places where you could use that to help people who need what you have to bring."

"When you feel alone, what things do you think are true about yourself? How do you deal with those thoughts and feelings?"



Faith - Invite them to explore connecting with God who is with them always, even when they are alone.



RESOURCES

To access all of our helpsheets online, visit youthunlimited.com/teentools

Credit to: lifeteams.ca

## Remember:

"The Lord is close to the broken-hearted and saves those who are crushed in spirit."

(Psalm 34:18)