

Avoiding Boredom & Loneliness, and Getting Engaged in the Community

Dan Aupperlee | *Wedgwood Outreach Therapist*

1. Explore Community Resources

- ▶ Talk to the school counselor or go to the library to find community groups to join. This may be a great way to get to know some new people outside of school and build some added supports in your life. Its amazing how big of a difference it can make to have a couple things on the schedule each week that you can look forward to and get out of the house!

2. Identify hobbies you may want to explore

- ▶ It would be great to have a couple of hobbies that you can do by yourself and a couple of hobbies that you can share with others. It may take a concerted effort to start a hobby because it is so much easier to scroll on your phone or watch TV but being active participant in an activity can improve your mental and physical health.

3. Schedule regular times to spend time with family members you enjoy

- ▶ Many people have busy schedules so it is key to put something regular on the calendar otherwise it will never happen. An example may be to have dinner with a grandparent the first Monday of every month.

4. Get outside and exercise

- ▶ Fresh air, sunshine and moving your body can help you to snap out of a funk quick and it costs no money. Again, it may help to schedule regular times to exercise with others so that you can motivate and encourage one another.

5. Volunteer

- ▶ By nature, boredom is when an individual is focused on themselves. It can be helpful to get out and focus on someone besides yourself. Many people who volunteer leave feeling better about themselves.

Many of these recommendations will take some time to develop, but once you get started you will feel less bored and more connected with others. It does take more energy than looking on your phone or watching TV, but all these activities are life giving and can help you feel more connected and supported to others around you!