Prevention Magazine lists 6 Ways to Feel Less Lonely and More Connected:

1. **“Look up old friends.”** They probably want to catch up too.”

2. **“Talk to strangers.”** Even 30 seconds of friendly conversation with a store clerk or cabdriver has a positive impact on mood.”

3. **“Practice gratitude.”** Focus on things in your life that make you feel fortunate: your pets, perhaps, or a nice place to live...even a sunny day.”

4. **“Exercise and get enough sleep.”** Both contribute to mood regulation and overall health.”

5. **“Take a class.”** Sign up for something you’ve never tried, like dance, art, or meditation. Active learning exercises your brain, and you may make some new friends.”

6. **“Volunteer.”** It’s hard to feel sorry for yourself when you’re helping improve the lives of others. Data shows that volunteering gives people purpose, which raises their self-esteem, in turn making them less lonely.”