

MANAS

Speaks

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IN ASSOCIATION WITH ADIKAVI NANNAYA UNIVERSITY

“Make your mental health and wellbeing a priority”

SPECIAL FOCUS

Cognitive Distortions
Mental Health Of Children
Is Dirty Talk A Sexting...?
Black Swan Review
Surgeons Without Scissors
Is Anxiety Bad?
Loneliness

#Psychology

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MANAS *Speaks*

A MONTHLY MAGAZINE

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Manas Speaks is a monthly magazine from Manas-The academy of psychology, to publish a wide range of conceptual articles relating to different perspectives on methodologies in psychological research and to support student communities to strengthen their knowledge.

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Author Guidelines

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Loneliness

It is not a big surprise that almost everyone may affect with loneliness at least once or more in their life time. Everyone can have some solitude to work on themselves and focus on. But there is a lot of difference between making some time to be lonely and loneliness. Yes, it might be a situation that sometimes loneliness is a choice or sometimes it is a circumstance of some major life events. Whatever might be the reason, loneliness is one of the major acknowledged reasons for many psychological conditions.

It starts from making a person feel depressed. If ignored it may leads to critical mental disorders like sadness, anxiety, schizophrenia, Alzheimer's and so on. It's a well-known fact that mental health directly contribute to the physical health, Loneliness can make harm to physical

health as well. The major contributions for loneliness could be social reasons, emotional reasons, economical reasons or clinical reasons.

As said, early diagnosis and treatment is always better than regretting later. But how to find our loneliness is damaging us?

- A person feeling unwanted, shy. Couldn't connect or try to connect even with a single person.
- Constants thoughts or worries about material things

- Feeling drained off emotionally and physically even doing no work

- Sticking to the room, binge watching or sticking to phone

- Wishing to connect with lonely people discussing sadness, pain and worries without reason



There are many subtle signs to know a person is affected with Loneliness and depression. What so ever be the reason for loneliness, one must identify their condition and should feel to make some efforts to come out of those situations. Human is a social animal dependent majorly on emotions. So, if someone is lonely or depressed because of some social or economic issues the very first thing is they should always seek help from their near and dear ones like family, friends or well-wishers whom they believe or trust most. Sharing feelings or thoughts always would lessen the burden of a person and would allow them to think out of their comfort zone. Some of the other causes in this case could be because of separation, loss of loved ones, moving to new environment or new unexpected situations, lack of support or trust, health issues or communication issues, comparing with other people, hormonal changes in adolescents. For the clinical reasons, it's always advised to seek a doctor's help and counsellor's help to improve the condition or not to worsen the situation.



It is extremely important to understand the situation which is the reason that, one's loneliness will always have effect on their social identity and behaviour. Identifying the major cause in each case and trying to adopt activities to overcome must be done. Self-monitoring can be of great help for improving emotional awareness. Rather focusing on main cause of depression and loneliness, small comforting hobbies like reading books, gardening, meditation, reflecting thoughts, music, focusing on doing what makes them feel relaxed mentally tired physically like running, dancing, gyming, hiking could be of great help to better up the mood and improve the thinking capability. Gradually, the focus must be turned to improve the interest towards the things one must do which are considered as his/her primary responsibilities.

Aim to lead a life with purpose and focus will not let anyone to fall in loneliness and depression. Planning a day with a proper schedule will keep a person busy and active. To keep yourself cheerful from inside, always be in an environment with hope, pleasure, love, trust and support. It's important to remember that if one can have love and care towards the people surrounding them, the society also loves back. Finally, the last stage once you come out of your loneliness is managing solitude. Always one must remember that being in solitude doesn't mean one is lonely or lost everything but a way of living comfortable and to achieve great goals. Nothing is impossible if it's wanted with whole heart and whole effort to make it possible.

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