

Signs of Loneliness

Loneliness is the emotional experience of feeling isolated or disconnected from others. While occasional loneliness is a normal part of life, persistent loneliness can cause emotional distress and harm mental health and overall well-being. Identifying signs like social withdrawal or mood changes is essential for individuals and their loved ones to intervene early and prevent further impact.



Emotional signs

- Discomfort being alone
- Increased worry
- Feeling inadequate
- Growing bitterness
- Lack of motivation

Social signs

- Isolated
- Struggling socially
- Feeling excluded
- Constant need to talk
- Pushed out of groups
- Arguing more with loved ones

Physical signs and behaviors

- Trouble sleeping well
- Physical distress
- Relying on distractions
- Hoarding possessions
- Overeating unhealthy food