

# Loneliness Matters

## The truth for so many

Loneliness is the subjective, emotional response people have when they feel a lack of connection with others. Millions of people report feeling lonely every day. Lockdowns and social distancing have had a huge negative impact on how we connect and interact with one another. To many, it feels as though they lost connection and don't remember how to get it back. In this session, we will look at understanding the very human feeling of loneliness and how it can manifest in a person's life. We will look at internal and external processes that both protect and fight loneliness. We will then look at practical ways we can combat loneliness in ourselves and support others who suffer from loneliness and a loss of connection. Together, we will remove the stigma around this human experience and find ways to build connections.

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## Session Outline

- Loneliness as an experience
- The Psychology behind loneliness
- Why people need connection
- Recognising loneliness in ourselves and others
- Ways to build connections
- Developing healthy habits for a lifetime

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## Session Includes

Personal attention and feedback in an informal atmosphere

An invaluable booklet complete with information covered on the session

Open forum to ask questions



### Speaker: Gwen Jones

Gwen has an MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 8 years speaking about DEI and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behavioural disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK. A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.