

Strategies to tackle loneliness

Emotion-focused coping

This is about helping your child deal with feelings of loneliness and finding other things that make them feel better. One way to recognise and explore feelings of loneliness is with a feelings diary, which will help your child track their emotions so that they begin to understand how they vary. It will illustrate when their feelings of loneliness are at their strongest but also that they do not feel lonely all the time. This may offer clues about how to increase the times when they do not feel lonely. A feelings diary can be set up in simple table format, and information can either be written down by your child on a sheet of paper or a special notebook, or entered into a phone or a tablet:

Rate how lonely you felt during each part of the day using a 0–10 scale (where 10 is extremely lonely):			
Date	Morning	Afternoon	Evening
29 Nov	4	5	3
30 Nov	2	5	4
1 Dec	6	6	7
2 Dec	5	4	2
3 Dec	6	7	8