

FIND THE WORD YOU NEED TODAY

Loneliness

You are not alone in feeling alone. A small word can be a big reminder.

J	Y	C	P	T	B	O	S	U	P	P	O	R	T	O	R	Q	D
H	H	V	C	F	R	S	Y	N	I	D	G	Q	G	P	N	D	J
M	S	A	O	A	P	U	R	V	G	H	Q	B	I	Z	W	L	O
H	U	N	U	V	C	V	S	W	A	O	R	H	F	P	O	Y	A
U	J	S	R	D	P	C	L	T	E	L	S	E	N	B	H	A	N
M	N	J	A	H	G	C	E	Q	Z	D	U	P	A	B	H	N	P
T	R	D	G	I	O	M	V	P	N	A	Z	E	B	C	O	N	R
G	P	H	E	A	R	D	Z	E	T	Z	J	C	T	I	H	B	E
W	K	B	C	R	T	R	I	G	A	A	Z	Z	S	Y	K	U	S
E	K	E	O	D	S	R	W	H	Y	J	N	U	D	A	M	H	E
L	I	L	M	U	F	T	T	J	Y	W	L	C	A	U	H	O	N
C	N	O	M	T	C	Y	O	K	T	C	P	C	E	D	H	P	C
O	D	N	U	F	P	K	G	O	N	U	O	H	Y	Z	Y	E	E
M	N	G	N	H	O	J	E	I	D	O	J	N	S	E	E	N	K
E	E	N	I	Y	Y	X	T	S	E	V	P	C	N	B	P	K	T
E	S	X	T	V	T	O	H	A	T	S	J	X	R	E	I	W	J
D	S	D	Y	X	K	X	E	T	E	W	V	X	B	L	C	R	K
C	O	M	P	A	N	Y	R	D	P	C	T	H	Q	D	N	T	O

Words hidden in the puzzle: SEEN · HEARD · BELONG · REACH · CONNECT · HOPE · TOGETHER · WELCOME · UNDERSTOOD · COMPANY · FRIENDSHIP · COURAGE · COMMUNITY · KINDNESS · SUPPORT · ACCEPTANCE · VALUE · INCLUSION · TRUST · PRESENCE

You do not need to find every word. Notice which one seems to speak most clearly to where you are today.

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THE WORD THAT FOUND ME

Loneliness is not always about physically being alone. You can feel lonely in a relationship, within a family, at work, in a room full of people or while surrounded by online conversation. Sometimes what is missing is not simply company but the feeling of being known, understood, included or able to be yourself with somebody.

My word today is:

Why might this word have found me?

Connection does not have to begin with something big

If your word was **REACH**, perhaps the next step is one message rather than a whole social event. If it was **HEARD**, perhaps you need a conversation where somebody listens rather than immediately trying to fix things. If it was **BELONG**, consider where you feel least pressure to perform or hide parts of yourself. If it was **COMPANY**, remember that being alongside another person can count even when neither of you has much to say.

One small form of connection I could try today:

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A MESSAGE FROM MAGGIE

Loneliness can be difficult to admit because people often assume it means you have nobody around you. It can be much more complicated than that. You might have colleagues, family, a partner or people you speak to regularly and still feel that nobody really sees the part of you that is struggling.

Sometimes loneliness grows after a loss, move, relationship change, illness, retirement or change in work. Sometimes anxiety, depression, trauma or neurodivergence can make connection harder to access. Sometimes you have spent so long feeling different or misunderstood that withdrawing begins to feel safer than repeatedly risking rejection.

If **SEEN** finds you, think about whether there is anyone with whom you can show a little more of how you really are. If **COMMUNITY** catches your attention, remember that community does not have to mean a large group. It can begin with one shared interest, one familiar place or one person you see regularly.

If **COURAGE** appears, I do not want that word to become pressure to suddenly become more sociable. Courage may be sending one message after weeks of silence. It may be attending something for ten minutes. It may even be telling somebody, 'I've been feeling lonely.'

And if **WELCOME** stands out, I hope you can also ask whether the places you are trying to fit into are actually making room for you. Connection is not only about changing yourself so other people accept you. Healthy belonging includes being met, respected and allowed to exist as yourself.

You matter even when you feel disconnected. Loneliness is a feeling and an experience; it is not evidence that you are unwanted or that there is no place for you.

Maggie

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A connection check-in

Today loneliness feels like: _____

What I wish somebody understood: _____

A person, place or community I could gently reconnect with: _____

One small connection I can make: _____