

Combating Loneliness and Social Isolation

A Seedling Mentor Training Video



Seedling
Mentor. Nurture. Grow.

Agenda

- ❑ Learn about the impact loneliness and social isolation can have on our youth.
- ❑ Share strategies to help our mentees foster positive connections and tackle loneliness and social isolation.

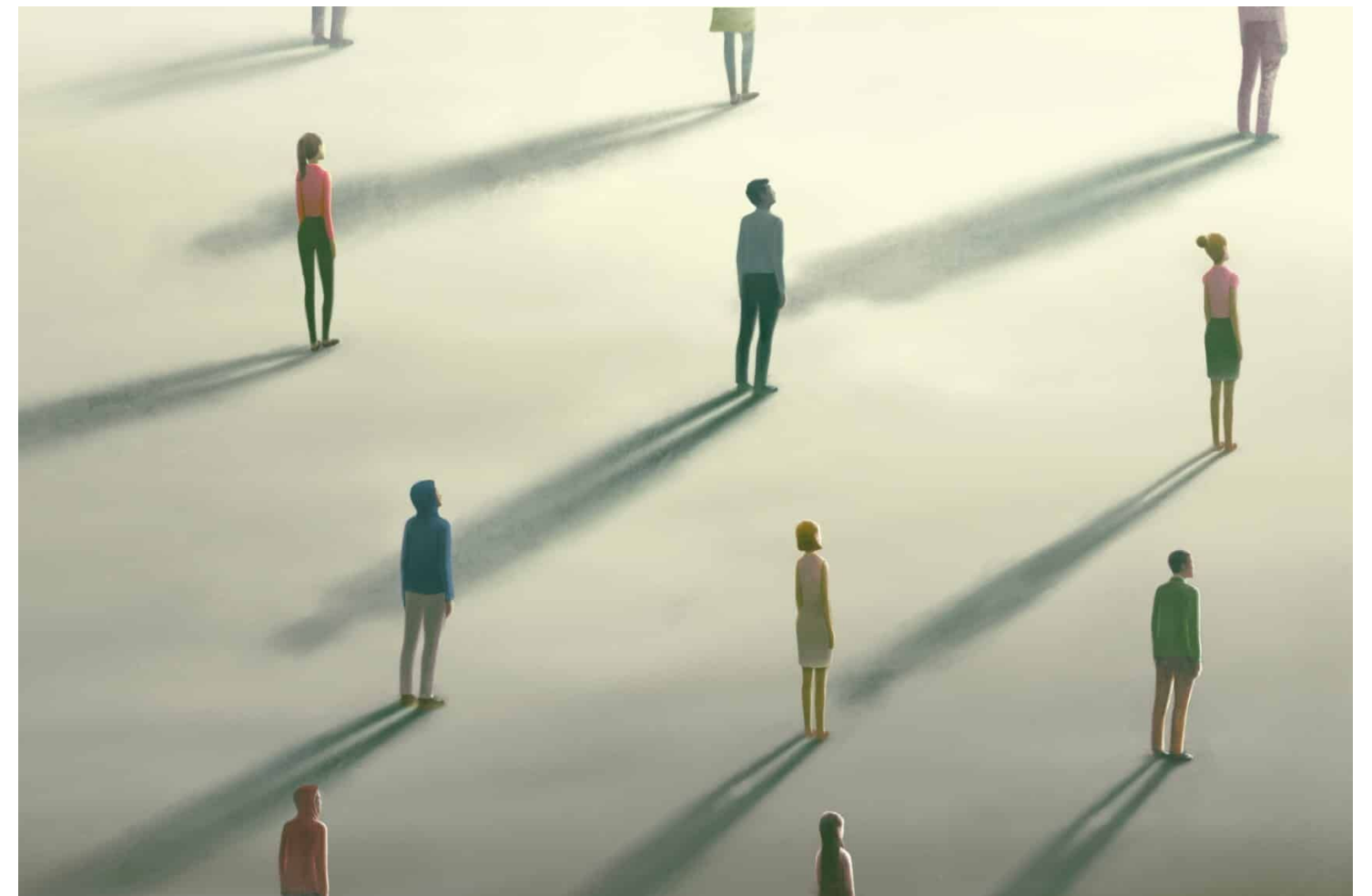


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Definition of Loneliness and Social Isolation

Loneliness: “is the state of distress or discomfort that results when one perceives a gap between one’s desires for social connection and actual experiences of it.” -Psychology Today

Social Isolation: “is the lack of relationships with others and little social support or contact”
-CDC



This is how one can feel alone, even in a room full of people.

Youth, Loneliness, and Social Isolation



- ❑ Reasons why youth experience loneliness and social isolation:
 - ❑ Pandemic
 - ❑ Technology and Fear of Missing Out (FOMO)
 - ❑ Loss of loved one or close attachment figure

Impact of Loneliness and Social Isolation

There are mental and physical implications related to feeling lonely and socially isolated:

Mental

- ❑ Emotional Fallout
- ❑ Depression and anxiety
- ❑ Avoidance of social interaction



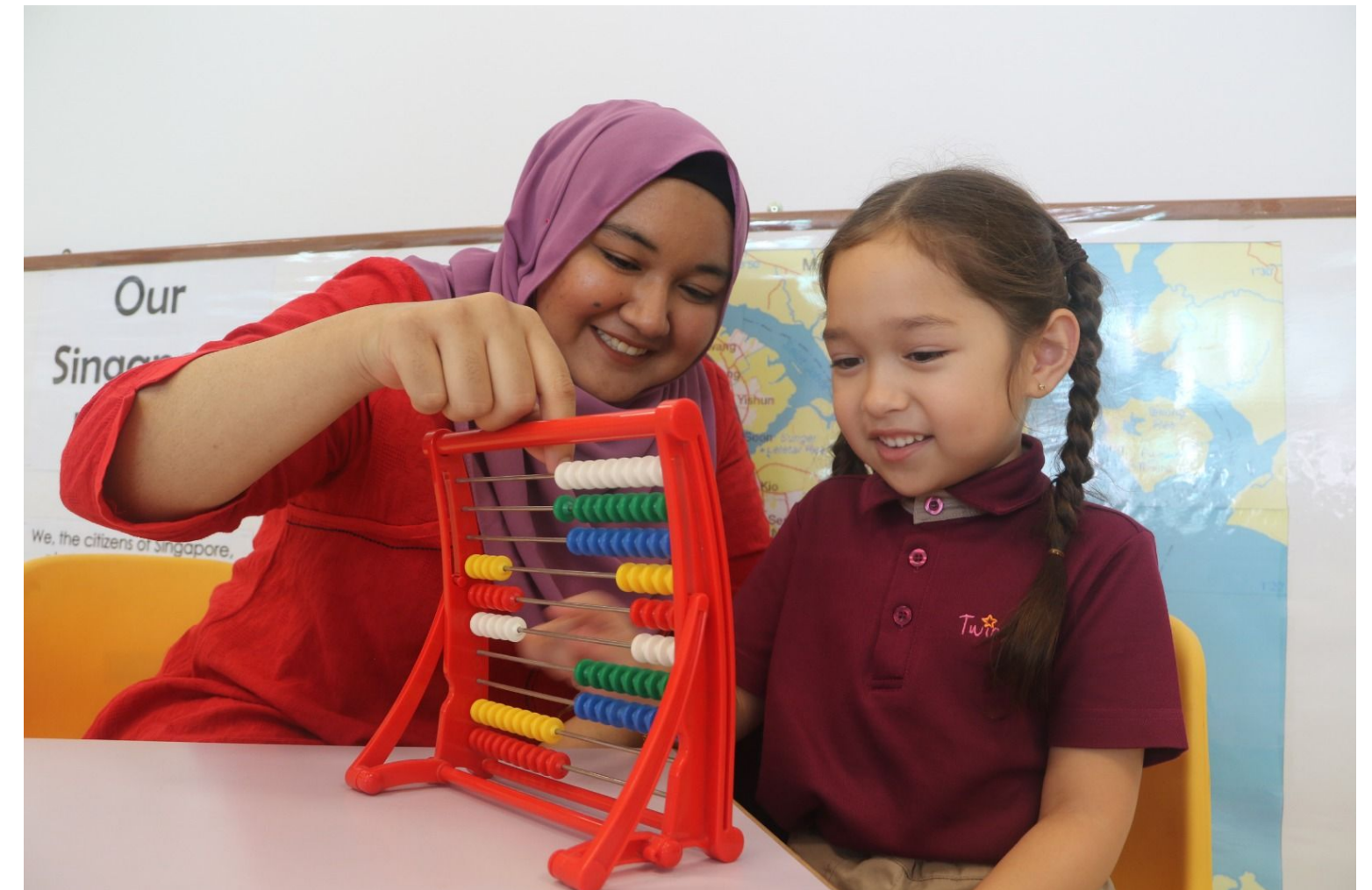
Physical

- ❑ Poor sleep
- ❑ Greater risk of medical issues
- ❑ Low energy

Addressing Loneliness and Social Isolation

What can we do as mentors to help our mentees who may be experiencing loneliness and social isolation?

- ❑ We are already on the right track!
 - ❑ To tackle loneliness we need to remember:
 - ❑ Make an intent to engage in building a positive healthy relationship.
 - ❑ Remain mentee led
 - ❑ Stay consistent and show up for them.



Diving Deeper While Addressing Loneliness and Social Isolation

While we are on the right track being mentors, we should consider how we can lean on social emotional learning (SEL) while addressing loneliness and social isolation with our mentees.

- ❑ Remember the components of SEL?
 - ❑ Self awareness.
 - ❑ Self management.
 - ❑ Social awareness.
 - ❑ Relationship building.
 - ❑ Responsible decision making.



Modeling Social Skills while Addressing Loneliness and Social Isolation

Where does modeling social skills lead us? Helping our mentees practice building an authentic relationship:

We want to be able to model what it looks like to build real and lasting connections with others.

Social skills we should model for our mentees:

- ❑ Starting conversations.
- ❑ Awareness of social cues.
- ❑ Listening and understanding others.
- ❑ Following “unwritten” social rules.

Building authentic connections looks like...

- ❑ It starts with being open.
- ❑ Finding similar interests and values.
- ❑ Embracing connecting in person (face to face.)
- ❑ Letting someone know they are seen, heard and understood.

Activities to Combat Loneliness



Friendship Bingo



Connection Playlist



Peer Connection Challenge



No Student Eats Alone



Sources-

[Ed Week - Teens are the Loneliest People in the World](#)

[Big Brothers Big Sisters of Long Island -
How Mentorship Reduces Youth Isolation and Builds Social Skills](#)

[Mentoring.org - Mentoring and Loneliness Isolation Research](#)

[Public Defenders - When Parents are Incarcerated](#)

[Friendship Bingo](#)

[Connection Playlist](#)

[Peer Connection Challenge](#)