



## Coping with isolation - strategies to connect...

Situational isolation is more prevalent today than in recent history. Fly-in fly-out jobs are creating many 'single-parent families'. Hectic work requirements, financial stress and 'time poor' lives can really interfere with social connection. With many people living away from their family of origin it can feel really lonely and be quite difficult to build social networks. Following are some tips on building social groups that can help provide great support and build new friendships.

### How they did it in the 'olden' days...

Just a few generations ago women connected through baking or craft days. People would take it in turns to host a Saturday morning once or twice a month, send the family packing and have productive, delicious smelling kitchens filled with the chatter of nourishing conversation. Would you like to start a bread baking group? What about a meal share programme? Get a group together to cook up a big pots of main meals each, divvy it up between the group and everyone gets a night off during the working week.

Activities that involve creativity and using your hands really work to create conversation. What old fashioned things would you love to learn? Is there anyone in your circle who knows someone that would love to share their skills? Local nursing homes have a wealth of knowledge waiting to be tapped and lots of lonely people wanting to connect and share.

### Don't be afraid to ask for help

If you're finding it hard to meet people, you can pop an invitation up on a local noticeboard, virtual or in your place of work or your child's notice board. Be the one to suggest a new initiative. Allow for some time for interest to develop, but a little persistence could really create new networks.

Still not sure? Hop on to websites like [Meetup](#). There are tonnes of groups in your area, meeting right now, just waiting to meet you. If there isn't one of interest, you can make your own. Local networking groups will also connect you with like-minded people. City councils have lists of local organisations that help connect, so start reaching out. Think about what you'd love to do for fun and find a group who like it too.

- ✓ Isolation is commonplace today. People can feel lonely while surrounded by people.
- ✓ Create a new social initiative to connect and build a support network.
- ✓ Use your local resources to make new friendships and connect with like-minded people.

***"Friendship is the only cement that will ever hold the world together."***

**Woodrow T. Wilson**

Roxy loves helping women develop emotional resilience so that they can enjoy fulfilling and contented relationships, which survive the ups and downs of life. Having experienced the challenges of being a single parent, juggling being a mum and a practitioner, building a business or two and overcoming anxiety and post-natal depression, she has a vast knowledge of how to minimise the struggle and use practical strategies that really work!



**Roxy Lebsanft** Co-founder Bare Hands, Mother, G.Dip, Couns, B.HSc, Cert.IV TAE, Strategic Psychotherapist

**Bare Hands**  
Practical life strategies for women

Bare Hands is run by allied health professionals committed to helping women embrace positive change by providing access to practical education. To find out more give us a call, email us or visit [www.barehands.com.au](http://www.barehands.com.au)

©Bare Hands 2015