



## There's a friend you haven't met yet...

Isolation is becoming more and more common, despite our ability to be connected through technology. In fact, those living in urban areas report much higher levels of loneliness and isolation than country dwellers, despite being surrounded by a sea of people. Many families also struggle with the challenge of fly-in, fly-out work schedules, which can really add to the sense of 'doing it alone'. Have you experienced any periods of loneliness over the last few months? There are solutions and by seeking some of them out, even if you haven't felt isolated, you'll provide your children with a healthy support network and teach them resourceful life skills.

### Bonding through common threads

Take a few moments to think about what feels like it's missing in those 'lonely' moments. Is it a special bond, like the one you have with grandparents or is it an interest that has slipped by the wayside? Once you can identify the gap, then it's possible to connect with organisations and like-minded people who are just as keen as you to fill it. Step one - identify the missing link. Step two - think about where to find like-minded people, i.e. if you want to bring older generations into your family, are there any neighbours in your suburb who are elderly and would value connecting with your children? Kids can be a terrific help around the garden and doing simple daily tasks for someone who is aged. Hopping onto websites like NABO or Meetup can also identify who lives nearby and what interests they share with you. Use a shared interest that can break the ground to forge new connections and show your children how to take the initiative.

### Unifying through positive focus

Encouraging your family to become involved in a project and focus, one that is much larger than the family unit, will also provide a source of enriching social experiences. An added benefit, is that the long-term mental and emotional welling of your family will blossom. People who belong to a group with a common focus have been shown to experience greater health, less incidence of chronic illness and healthier immune systems. We're wired to belong so find a group whose purpose aligns with your family's values and get involved, even if it's only in a small way.

- ✓ A sea of people does not offer protection from isolation and loneliness.
- ✓ Common interests are where most friendships begin.
- ✓ Belonging to a group has many health benefits and teaches children how to be resourceful and social.

**"The best vitamin for making friends: B1"**

*Anonymous*

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!



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**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)

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