

 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

Disclaimer

This workbook has been created by Safe Haven Connect CIC to provide general mental health information, self-help guidance and wellbeing activities.

The information in this workbook is for educational and self-help purposes only. It is not a substitute for professional medical advice, diagnosis or treatment.

Feeling lonely can affect anyone, regardless of age or circumstances. This workbook is designed to help you understand loneliness, strengthen social connections and improve your wellbeing. It is not intended to diagnose or treat any mental health condition.

If feelings of loneliness are persistent, overwhelming or significantly affecting your daily life, please speak with your GP or another qualified healthcare professional.

If you feel you or someone else is at immediate risk of harm, contact your local emergency services or an appropriate crisis support service immediately.

By using this workbook, you accept responsibility for your own wellbeing and decisions.

© Safe Haven Connect CIC

 safehavenconnect.org

 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 1 – Understanding Loneliness

 What is loneliness?

Loneliness is the feeling of being disconnected from others or lacking meaningful relationships.

You can feel lonely even when surrounded by people, and you can enjoy solitude without feeling lonely.

Loneliness is a common human experience and it can improve with small, positive steps towards connection.

Signs I may be feeling lonely

- ☐ I feel isolated.
- ☐ I rarely talk to others.
- ☐ I feel misunderstood.
- ☐ I avoid social situations.
- ☐ I feel disconnected.
- ☐ I wish I had more meaningful relationships.
- ☐ I often feel left out.
- ☐ I struggle to ask for support.
- ☐ I spend long periods alone.
- ☐ I feel that nobody understands me.

Reflection

How is loneliness affecting my life?

 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 2 – My Current Situation

Everyone experiences loneliness differently.

Understanding your situation can help you identify where positive changes can begin.

♥ My loneliness may be linked to...

- ☐ Moving home.
- ☐ Relationship changes.
- ☐ Bereavement.
- ☐ Retirement.
- ☐ Health problems.
- ☐ Anxiety.
- ☐ Depression.
- ☐ Lack of confidence.
- ☐ Living alone.
- ☐ Other

♥ My biggest challenge

♥ How does this affect my daily life?

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 3 – My First Step Towards Connection

Building meaningful connections starts with one small action.

♥ This week I will...

- ☐ Send a message to someone.
- ☐ Call a friend or family member.
- ☐ Spend time outside.
- ☐ Smile and say hello to someone.
- ☐ Join a local or online community.
- ☐ Attend a group or activity.
- ☐ Practice self-kindness.
- ☐ Ask someone how they're doing.
- ☐ Celebrate every small step.

♥ My first connection goal

♥ How will this improve my wellbeing?

 safehavenconnect.org

 Safe Haven Connect CIC · Supporting your mental health and wellbeing.

 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 4 – Understanding the Difference Between Being Alone and Feeling Lonely

Being alone and feeling lonely are not the same.

You can enjoy time by yourself and still feel connected to others.

Loneliness is about the quality of your relationships, not simply the number of people around you.

 Today I feel...

☐ Connected.

☐ Lonely.

☐ Peaceful on my own.

☐ Isolated.

☐ Supported.

☐ Understood.

☐ Hopeful.

☐ Unsure.

☐ Other

♥ What would help me feel more connected?

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 5 – Reaching Out

Taking the first step can feel difficult, but even a small connection can make a difference.

You don't have to do everything at once.

♥ This week I will...

- ☐ Send a text message.
- ☐ Call someone I trust.
- ☐ Arrange to meet someone.
- ☐ Join an online support group.
- ☐ Attend a local activity.
- ☐ Speak to a neighbour.
- ☐ Start a conversation.
- ☐ Ask someone how they are.
- ☐ Accept an invitation.

♥ One person I'd like to reconnect with

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 6 – Building Meaningful Connections

Strong relationships are built over time through kindness, trust and shared experiences.

Small moments of connection matter.

♥ Meaningful connection can include...

- ☐ Listening.
- ☐ Sharing how I feel.
- ☐ Laughing together.
- ☐ Spending quality time.
- ☐ Helping someone.
- ☐ Accepting help.
- ☐ Showing appreciation.
- ☐ Being present.
- ☐ Respecting boundaries.
- ☐ Supporting one another.

♥ One relationship I'd like to strengthen

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 7 – Daily Reflection

Take a few moments to reflect on today.

♥ Today I connected with...

♥ One thing that made me smile

♥ One thing I'm grateful for

♥ One small step I'll take tomorrow

♥ Remember

Feeling lonely doesn't mean you will always feel this way.

Connection often begins with one small conversation, one kind gesture or one step outside your comfort zone.

You deserve friendship, belonging and meaningful connections. Every small step towards others is also a step towards yourself. ♥

🌐 safehavenconnect.org

♥ Safe Haven Connect CIC · Supporting your mental health and wellbeing.

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 8 – Challenging Negative Thoughts

Loneliness can sometimes lead to thoughts such as "Nobody cares about me" or "I'll always be alone."

Thoughts are not always facts.

Learning to question these thoughts can help you build hope and confidence.

♥ A lonely thought I often have

♥ Is there another way to look at this?

♥ A kinder thought I can choose

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 9 – Looking After Myself

Taking care of yourself can improve both your mood and your confidence.

Small acts of self-care matter.

♥ Today I will...

- ☐ Eat a healthy meal.
- ☐ Drink enough water.
- ☐ Go for a walk.
- ☐ Spend time outdoors.
- ☐ Listen to music.
- ☐ Read a book.
- ☐ Practice relaxation.
- ☐ Get enough sleep.

☐ Do something I enjoy.

☐ Be kind to myself.

♥ One thing I'll do for myself today

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 10 – Finding My Community

Connecting with people who share your interests can help reduce loneliness.

Communities come in many forms.

♥ I'd like to explore...

☐ A support group.

☐ Volunteering.

☐ A sports club.

☐ A hobby group.

☐ A faith community.

☐ An online community.

☐ Adult education.

☐ Creative activities.

☐ Walking groups.

☐ Other

♥ One community I'd like to join

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 11 – Weekly Reflection

Take a few moments to reflect on your week.

♥ This week I connected by...

♥ One thing that made me feel less alone

♥ One thing I've learned about myself

♥ My goal for next week

♥ Remember

Loneliness can make you feel invisible, but your life has value and you matter.

Building meaningful connections takes time.

Every smile...

Every conversation...

Every small step...

Brings you closer to the connection and belonging you deserve. ♥

🌐 safehavenconnect.org

♥ Safe Haven Connect CIC · Supporting your mental health and wellbeing.

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 12 – Building Confidence to Connect

Making new connections can feel intimidating, especially if you've been lonely for a long time.

Confidence grows through small, repeated steps—not by being perfect.

♥ This week I will...

- ☐ Smile at someone.
- ☐ Start one conversation.
- ☐ Accept an invitation.
- ☐ Introduce myself to someone new.
- ☐ Join an activity.
- ☐ Practice active listening.
- ☐ Be myself.
- ☐ Celebrate every small success.

♥ One social step I'll take

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 13 – Being Kind to Myself

Loneliness can sometimes lead to self-criticism.

Remember, your worth is not measured by how many people you know.

Treat yourself with the same kindness you would offer someone else.

♥ Today I will remind myself...

☐ I matter.

☐ I deserve connection.

☐ I am enough.

☐ I don't have to be perfect.

☐ Small steps are still progress.

☐ I can build new friendships.

☐ I have strengths to offer.

☐ I deserve kindness.

♥ One kind message to myself

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 14 – My Connection Journal

Take a few moments to reflect on today.

♥ Today I connected by...

♥ Something that felt good

♥ One challenge I faced

♥ One thing I'll try tomorrow

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 15 – Weekly Reflection

Take a moment to celebrate your progress.

♥ This week I...

♥ One thing I'm proud of

♥ One connection that meant something to me

♥ My goal for next week

♥ Remember

Meaningful relationships take time to build.

Every conversation, every smile and every act of kindness is helping you create stronger connections.

You are not alone in how you feel, and you deserve friendship, support and a sense of belonging.

Keep taking one small step at a time—those small steps can lead to life-changing connections. ♥

🌐 safehavenconnect.org

♥ Safe Haven Connect CIC · Supporting your mental health and wellbeing.

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 16 – Overcoming the Fear of Rejection

Many people who experience loneliness worry about being rejected or not fitting in.

These fears are understandable, but they don't predict what will happen in the future.

Every new connection starts with one small act of courage.

♥ Today I will...

- ☐ Remind myself that not everyone will reject me.
- ☐ Be open to meeting new people.
- ☐ Start one small conversation.
- ☐ Accept that not every interaction has to be perfect.
- ☐ Learn from each experience.
- ☐ Be kind to myself.
- ☐ Keep trying.
- ☐ Celebrate my courage.

♥ One fear I'd like to overcome

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 17 – Strengthening Existing Relationships

Sometimes reducing loneliness isn't about meeting new people.

It can be about nurturing the relationships you already have.

♥ This week I will...

- ☐ Call a family member.
- ☐ Message a friend.
- ☐ Arrange to meet someone.
- ☐ Listen without distractions.
- ☐ Show appreciation.
- ☐ Spend quality time together.
- ☐ Offer support to someone else.
- ☐ Stay in touch regularly.

♥ One relationship I'd like to strengthen

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 18 – My Connection Success Journal

Every connection, no matter how small, is worth recognising.

♥ Today I...

- ☐ Smiled at someone.
- ☐ Started a conversation.
- ☐ Replied to a message.
- ☐ Asked someone how they were.
- ☐ Accepted an invitation.
- ☐ Joined an activity.
- ☐ Reached out for support.
- ☐ Spent time with someone.
- ☐ Celebrated my progress.

♥ My biggest success today

♥ How did it make me feel?

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 19 – Looking Forward

Building meaningful relationships takes time.

Every small step helps you move closer to the connections you're looking for.

♥ Looking ahead...

One relationship I'll continue building

One social goal I have

My promise to myself

♥ Remember

Loneliness is a feeling, not your identity.

You have value.

You have qualities that others can appreciate.

You deserve meaningful friendships, support and connection.

Keep taking small steps—each one brings you closer to the life and relationships you deserve. ♥

 safehavenconnect.org

♥ Safe Haven Connect CIC · Supporting your mental health and wellbeing.

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 20 – Taking the Next Small Step

When you're feeling lonely, even small actions can feel difficult.

Remember, you don't have to change everything today.

One small step is enough.

♥ Today I will...

- ☐ Leave the house.
- ☐ Go for a short walk.
- ☐ Smile at someone.
- ☐ Send one message.
- ☐ Make one phone call.
- ☐ Visit a local café or community space.
- ☐ Spend time in nature.
- ☐ Do one enjoyable activity.
- ☐ Celebrate my effort.

♥ My small step today

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 21 – Building Meaningful Friendships

Healthy friendships are built through trust, kindness and shared experiences.

You don't need lots of friends—one genuine connection can make a big difference.

♥ A good friendship includes...

- ☐ Trust.
- ☐ Kindness.
- ☐ Respect.
- ☐ Listening.
- ☐ Honesty.
- ☐ Support.
- ☐ Shared laughter.
- ☐ Acceptance.
- ☐ Healthy boundaries.
- ☐ Encouragement.

♥ The qualities I value most in a friendship

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 22 – Looking After My Wellbeing

Looking after yourself can help improve your confidence and make social connection feel more manageable.

♥ Today I will...

- ☐ Eat balanced meals.
- ☐ Drink enough water.
- ☐ Get enough sleep.
- ☐ Move my body.
- ☐ Spend time outdoors.
- ☐ Practice mindfulness.
- ☐ Enjoy a hobby.
- ☐ Speak kindly to myself.
- ☐ Ask for support if needed.
- ☐ Celebrate my progress.

♥ One healthy habit I'll continue

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 23 – My Connection Reflection

Take a moment to recognise your progress.

♥ Since starting this workbook...

I have learned...

I feel more hopeful because...

One thing I will continue practising...

♥ Remember

Building meaningful connections takes time.

Be patient with yourself.

Every conversation, every smile and every act of courage helps build the life you deserve.

You are worthy of friendship, belonging and genuine connection. ❤️

🌐 safehavenconnect.org

❤️ Safe Haven Connect CIC · Supporting your mental health and wellbeing.

❤️ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 24 – Reconnecting With the World

When you've been feeling lonely, the world can seem much smaller.

Taking gentle steps back into your community can help rebuild confidence and connection.

❤️ This week I will...

- ☐ Visit a local café.
- ☐ Go to a park.
- ☐ Attend a community event.
- ☐ Volunteer.
- ☐ Visit a library.
- ☐ Join a local group.
- ☐ Spend time in nature.
- ☐ Try a new activity.
- ☐ Celebrate every small step.

❤️ One place I'd like to visit

 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 25 – Celebrating My Progress

Every effort you make towards connection matters.

Celebrate each step, no matter how small it feels.

 Today I...

- ☐ Started a conversation.
- ☐ Replied to a message.
- ☐ Went outside.
- ☐ Smiled at someone.
- ☐ Asked someone how they were.
- ☐ Joined an activity.
- ☐ Took care of my wellbeing.
- ☐ Stayed hopeful.
- ☐ Celebrated my progress.

 My biggest achievement today

♥ How did it make me feel?

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 26 – My Social Connection Plan

Meaningful relationships take time to build.

Small, consistent actions create lasting connections.

♥ I will continue to...

- ☐ Reach out to others.
- ☐ Accept invitations.
- ☐ Make time for friendships.
- ☐ Join activities I enjoy.
- ☐ Be open to meeting new people.
- ☐ Stay connected with family.
- ☐ Practice self-kindness.
- ☐ Ask for support when needed.
- ☐ Celebrate progress.
- ☐ Keep trying.

♥ My connection goal

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 27 – Looking Ahead

The future holds opportunities for new friendships and meaningful relationships.

Keep believing that connection is possible.

♥ Looking ahead...

One friendship I'd like to build

One new experience I'd like to try

My message to my future self

♥ Remember

You don't need to make huge changes overnight.

One conversation...

One smile...

One act of kindness...

Can be the beginning of a meaningful connection.

You deserve to feel seen, valued and connected. ♥

🌐 safehavenconnect.org

♥ Safe Haven Connect CIC · Supporting your mental health and wellbeing.

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 28 – Finding Purpose

Having a sense of purpose can help reduce loneliness and improve wellbeing.

Purpose doesn't have to be something big—it can be found in everyday moments, helping others or doing things that matter to you.

♥ Things that give my life meaning

☐ Family.

☐ Friends.

☐ Helping others.

☐ Learning something new.

☐ Volunteering.

☐ My hobbies.

☐ My faith or beliefs.

☐ Spending time in nature.

☐ Caring for a pet.

☐ Other

♥ One thing I'd like to do more often

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 29 – Recognising My Strengths

Loneliness doesn't change your value.

You have qualities that can enrich other people's lives.

♥ My strengths include...

☐ Kindness.

- ☐ Compassion.
- ☐ Good listening skills.
- ☐ Patience.
- ☐ Loyalty.
- ☐ Sense of humour.
- ☐ Creativity.
- ☐ Honesty.
- ☐ Resilience.
- ☐ Encouragement.
- ☐ Other

♥ Three strengths I'm proud of

1.

2.

3.

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 30 – My Social Wellbeing Plan

Building meaningful relationships takes time and consistency.

♥ This month I will...

- ☐ Contact someone once a week.
- ☐ Attend a local activity.
- ☐ Join an online community.
- ☐ Practice active listening.
- ☐ Spend less time isolating myself.
- ☐ Accept invitations when I can.
- ☐ Be kind to myself.
- ☐ Stay hopeful.
- ☐ Celebrate my progress.
- ☐ Keep reaching out.

♥ My biggest social goal

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 31 – My Journey

Take a moment to recognise your progress.

♥ Looking back...

The biggest thing I've learned is...

The connection that meant the most to me was...

One thing I'm most proud of is...

♥ Remember

Loneliness is something you experience—it is not who you are.

Every message you send...

Every conversation you start...

Every moment you choose connection over isolation...

Is helping you build a life filled with belonging, friendship and hope. ♥

🌐 safehavenconnect.org

♥ Safe Haven Connect CIC · Supporting your mental health and wellbeing.

Meaningful relationships grow through trust, kindness and consistency.

You don't have to be perfect to build strong connections—you simply need to be yourself.

♥ Today I choose to...

- ☐ Be open to new friendships.
- ☐ Listen without judgement.
- ☐ Show kindness.
- ☐ Accept support from others.
- ☐ Make time for people I care about.
- ☐ Respect healthy boundaries.
- ☐ Stay connected.
- ☐ Believe I deserve meaningful relationships.

♥ One relationship I'd like to strengthen

Looking after yourself makes it easier to build healthy relationships with others.

 This week I will...

- ☐ Get enough sleep.
- ☐ Eat balanced meals.
- ☐ Drink enough water.
- ☐ Spend time outdoors.
- ☐ Stay active.
- ☐ Practice relaxation.
- ☐ Enjoy my hobbies.
- ☐ Stay connected with supportive people.
- ☐ Speak kindly to myself.
- ☐ Celebrate my progress.

 One healthy habit I'll continue

 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 34 – My Social Connection Toolkit

Create your own list of tools that help you feel connected and supported.

My Connection Toolkit

- ☐ Calling a friend.
- ☐ Sending a message.
- ☐ Going for a walk.
- ☐ Joining a group.
- ☐ Volunteering.
- ☐ Talking to a neighbour.
- ☐ Spending time with family.
- ☐ Practising gratitude.
- ☐ Journaling.
- ☐ Doing something kind for someone.
- ☐ Other

My three most helpful connection tools

1.

2.

3.

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 35 – My Loneliness Journey

Take a moment to recognise how far you've come.

♥ Looking back...

The biggest thing I've learned is...

The connection that has helped me most is...

One thing I'm most proud of is...

♥ Remember

You are worthy of love, friendship and belonging.

Every small step you take towards connection is helping you build a richer, more meaningful life.

You matter, your voice matters, and there are people who will value you for who you are. 💚

 safehavenconnect.org

💚 Safe Haven Connect CIC · Supporting your mental health and wellbeing.

💚 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 36 – Looking Forward With Hope

Loneliness does not have to be a permanent part of your life.

Every small step you take towards connection, kindness and self-care helps create a brighter future.

There is always hope for new friendships, new experiences and new beginnings.

💚 Today I choose to...

- ☐ Stay hopeful.
- ☐ Keep reaching out.
- ☐ Believe I deserve meaningful relationships.
- ☐ Be kind to myself.
- ☐ Celebrate small victories.
- ☐ Continue building my confidence.
- ☐ Stay open to new opportunities.
- ☐ Keep moving forward.

💚 One thing I'm looking forward to

 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 37 – My Personal Commitment

Building connection starts with the promises you keep to yourself.

 I promise to...

- ☐ Stay open to new friendships.
- ☐ Keep reaching out.
- ☐ Look after my wellbeing.
- ☐ Continue building my confidence.
- ☐ Accept support when I need it.
- ☐ Celebrate my progress.
- ☐ Believe in my worth.
- ☐ Never give up on connection.

 My personal commitment

 SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 38 – My Wellbeing Plan

Looking after yourself helps you build healthy relationships and enjoy life more fully.

 I will continue to...

- ☐ Get enough sleep.
- ☐ Eat nourishing meals.
- ☐ Drink enough water.
- ☐ Stay physically active.
- ☐ Spend time outdoors.
- ☐ Continue my hobbies.
- ☐ Stay connected with supportive people.
- ☐ Practice gratitude.
- ☐ Be kind to myself.
- ☐ Celebrate every success.

 Three things that help me feel connected

1.

2.

3.

♥ SAFE HAVEN CONNECT CIC · REGISTERED CIC

Mental Health & Wellbeing

PAGE 39 – Congratulations

♥ You Have Completed the Loneliness & Social Connection Workbook

Congratulations on completing this workbook.

Every page you've completed has helped you better understand loneliness, recognise your strengths and take positive steps towards building meaningful connections.

Remember:

♥ You are not alone.

♥ Your life has value.

♥ Meaningful relationships take time to build.

♥ Small steps create lasting change.

♥ You deserve friendship, belonging and support.

♥ My Commitment

From today I promise to...

Name

Date

Signature (Optional)

♥ Final Reminder

This workbook is designed as a self-help resource to support your mental wellbeing. It is not a substitute for professional medical advice, diagnosis or treatment. If feelings of loneliness are persistent, overwhelming or are significantly affecting your daily life, please speak with your GP or another qualified healthcare professional.

Thank you for choosing Safe Haven Connect CIC.

 safehavenconnect.org

♥ Safe Haven Connect CIC · Supporting your mental health and wellbeing, one step at a time.