



86th Airlift Wing

INTEGRATED RESILIENCE OFFICE

GRIT 365

Combating Loneliness

APRIL 2020

GOAL

A community where every member feels socially connected and knows they are not alone.

THE WARM UP:

1. Watch this video : You are not alone in your loneliness (Jonny Sun | TED2019)

https://www.ted.com/talks/jonny_sun_you_are_not_alone_in_your_loneliness?utm_source=tedcomshare&utm_medium=email&utm_campaign=tedspread

2. Read this article about ways to cope with loneliness:

<https://www.psychologytoday.com/us/blog/in-love-and-war/202003/10-ideas-coping-loneliness-during-social-distancing>

STAY
CONNECTED

THE EXTRA MILE:

Creating a community of connection will require us all to take advantage of opportunities to engage with others. Take some hints from the Warm Up article and seek out unique ways to connect with family, friends, and individuals you encounter in the community.

THE PRACTICE

Loneliness is a social challenge, with individuals having more access to others but simultaneously feeling lonelier than ever before. In these times of social isolation, teleworking, and physical distancing, it is even more important to combat these feelings of loneliness with intentional social connection. A community of connection happens when each person is actively engaged with those around them. Being actively engaged does not mean that everyone has to be a best friend, but it does mean being WILLING to connect with those that we come in contact with. Whether in person or in a virtual environment, offering a smile, a head nod, or reaching out to say hello can make a tremendous impact on another person. Seeking support and help is not easy for every one, so a simple act of acknowledgement can often help a person feel that they are not alone. We may not ever know the challenges a person is facing, or has faced, so taking advantage of a moment to show kindness can have a significant impact. Sometimes those brief interactions can be the building block of support that lifts a person from loneliness and opens the door for connection to community.

DISCUSSION POINTS

1. What does creating a community of connection mean to you? Why is connection important?
2. What does creating connection look like to you? How do you connect with others? How can others connect with you?
3. What ideas do you have for creating connection in our community? What is one thing we can commit to doing regularly (daily, weekly, or monthly) to cultivate a culture of connection with others?

THE CHALLENGE

Commit to staying socially connected and finding ways to connect with others in our community. Over the next week, identify someone that you know lives alone or is far away from family and friends. Reach out to that person with a text, phone call, email, or through social media to let them know you care and are thinking of them. Also, look for opportunities to show kindness to someone in the community that you may not know. An easy way to do this is simply by saying hello.



This guide is designed to expand the scope of the GRIT Check 6 with lifestyle topics that generate discussion and increase warrior capacity across the community, family, and individual lifespan.