

“What should young people do with their lives today? Many things, obviously. But the most daring thing is to create stable communities in which the terrible disease of loneliness can be cured.”

—Kurt Vonnegut

Where Can I Meet People on Campus?

Clubs and Societies: check out the CUSA website for a complete list!

Sports Teams: the athletics department has a variety of both varsity and intramural sports teams.

Volunteer Programs: Departments such as the First Year Experience Office and Housing and Conference Services are always looking for volunteers to help out with various activities!



CU Healthy

HCS wants to CU Healthy! The Health Promotion Team at HCS tries to achieve this through our:

- Resource Centre
- Student Peer Interns
- Health Promotion Advisory Committee
- Website (carleton.ca/health)
- Facebook page
- Newsletters, class presentations, workshops and more . . .

The Health Promotion Team promotes healthy lifestyles and wellness and can provide you with information about stress, colds, nutrition, sexuality, alcohol, etc. Contact the Resource Centre for more information at 613-520-2600 ext. 6544 or cu_healthy@carleton.ca.



2600 CTTC Building
613-520-6674
carleton.ca/health

Overcoming Loneliness



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“I’m surrounded by people but I feel so alone.”

Loneliness is not the same as being alone. We can experience it even when we’re surrounded by many people.

Loneliness means to feel:

- Disconnected, cut off or isolated from the rest of the world.
- Unloved by those around you.
- You have no one to share personal experiences and feelings with.
- You have no other choice than to be alone.
- Your life is missing something important.
- You have difficulty in making friends and developing relationships deeper than acquaintances.
- Afraid of being rejected in social situations.

Am I the only one?

Anyone who has made major changes in their life knows the feeling only too well. Going to college, ending a relationship, changing jobs, moving across the country or across the world can leave us feeling disconnected, for a time. Usually the feeling subsides as we meet new people and become familiar and comfortable with our environment.

Loneliness Behaviour

It’s hard to make new friends or approach others socially in a new situation, but you can’t let that stop you! Often, lonely people don’t attempt to make friends or develop relationships because they are afraid of being rejected.

Does this sound like you?

- You falsely assume that nobody likes you and blame others.
- You become self-conscious and worried about being evaluated by your professors or peers.
- You don’t make an attempt to get involved in social activities and avoid meeting new people.

Taking Action!



You can overcome loneliness! But it’s up to you to identify the problem and take positive action. Here are some ways to overcome loneliness:

- Get involved! Participate in activities on campus.
- Seek out other students. Ask someone to be your study partner.
- Learn to be assertive. Get involved in class discussions.
- Develop your people skills. Start a conversation at the bus stop or with the person sitting next to you in class.
- Do some volunteer work. Help others and yourself at the same time.
- Don’t judge people based on past experience. Give new people a chance and try to get to know them.
- When you are alone, use the time to enjoy yourself. Listen to music, watch television or read an interesting book. Don’t spend your time worrying.