FINDING HOPPINESS

Loneliness Bingo

Navigating loneliness isn't just about seeking connection; it's also about recognising the meaningful steps you've taken – big or small – to reach out for connection or nurture your connection with yourself.

This "bingo" sheet is designed to help you reflect on and celebrate the ways you've supported yourself, even in moments when loneliness feels heavy.

Each square highlights an action you might have already taken, like reaching out to someone, engaging in a hobby you love, or simply offering yourself a kind thought. By marking these moments, you'll see how much effort you've already put into your wellbeing, reminding yourself of your courage and self-compassion.

There's no pressure to "complete" the board (and don't feel like you have to stop when you get 5 in a row, either!) – it's about recognising the journey, not achieving perfection. Use this tool to honour your progress, reflect on the moments of connection you've created (with yourself or others), and inspire more acts of care in the days ahead.

We've also included a blank sheet for you to personalise with your own ideas.

Celebrate the steps you've taken and ways you've cared for yourself even when you've felt lonely. 🌸

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Sent a text to someone 📱	Tried a new hobby 🎨	Spent time outside 🌳	Journalled my thoughts 🖋️	Made a cosy space 🛋️
Called or video-chatted 📞	Made myself a nice meal 🍲	Listened to a favourite song 🎵	Gave myself a compliment 😊	Smiled at a stranger 👋
Practised deep breathing 🧘	Wrote down 3 things I'm grateful for ✨	Didn't look at my phone / socials for at least 1 hour 🤳	Took a walk around my neighbourhood 🚶‍♀️	Doodled or created art 🖍️
Complimented a stranger 🥰	Read something inspiring 📚	Took a screen break 📴	Checked in with my feelings without ruminating	Drank enough water 💧
Smiled at myself in the mirror 🪞	Told a friend or family member how I'm feeling 👂	Lit a candle or used a scent I love 🕯️	Thought about someone who cares 💭	Tried a grounding exercise 🌍

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