Alone, but not Lonely

While we all need time alone to allow our minds to rest and rejuvenate, too much time alone or lack of social connections can take serious toll on our mental and physical health.

It is important to distinguish between healthy time alone, where we are productive, creative and introspective versus negative time alone where we are self-critical or lonely.

The nature of work today is such that living alone for long periods during our professional journeys is unavoidable. This leads to feelings of homesickness and loneliness.

In this program, you will get insights into the art of living alone happily and beating adverse effects of it.

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Topics

Contents:

- **What living alone means to different people?**

    The Good:

    - **Productivity**
    - **Creativity**
    - **Extra time for healthy endeavors**
    - **Long-term character building**

    The Bad:
    - **Homesickness**
    - **Loneliness**
    - **Self-criticism**
    - **Maladaptive coping mechanisms**
    - **Mental and Physical health issues**

- **Embracing living along**
- **Coexisting with self-first, then others**
- **Difference between seeking validation and seeking connectedness**
- **Dealing with home sickness**
- **Understanding loneliness**
    - **What is loneliness**
    - **Difference between being alone and being lonely**
    - **Introducing helpful thinking**
    - **Avoiding harmful relationships**
- **Strategies to beat loneliness**
- **Other tips for living alone healthily**