

My Connection Toolkit

Use this toolkit when you're feeling lonely or disconnected. Fill in the sections below with ideas, names, and actions that can help you feel more connected. Keep this with you as a reminder that you are not alone!

Quick Actions

List simple things you can do right now to feel better (e.g., listen to music, take a walk, text a friend).

People I Can Talk To

Write down names and contacts of friends, family, or mentors who you can reach out to.

Positive Distractions

What hobbies, activities, or creative outlets help you feel engaged and less lonely?

Self-Reminders

Write down encouraging messages to remind yourself that loneliness is temporary.

