



**Tips for being
your own best friend
when no-one else is around**

**Acknowledge
challenges;
dwell on
positives**

**Take
pressure off
yourself**

**Treat yourself
food..
flowers..
fun!**

**Celebrate
as you
complete
tasks**

**Smile from
your heart,
laugh out loud**

**Do activities
to boost your
self-esteem**

Prevent loneliness

Visit loneliness.org.nz

