

CAN YOU RECOGNISE LONELINESS?

Match each situation with the correct term

SITUATION

1. Your friend is left out of a lunch invitation

2. There are people around you, but you don't feel like they are really with you

3. You experience a feeling of estrangement, alienation or vague unease in your group of friends

TERM

A. Feeling excluded: The experience of being an outsider, isolated or excluded from something, a community or a group.

B. Ostracism: The act of excluding someone, making them feel insignificant and invisible. It is intentional or unintentional social violence.

C. Emotional loneliness: A lack of openness and intimacy in relationships. You may have many people in your life, but you lack meaningful relationships that are built on trust.

Correct answers: 1B, 2C, 3A

Almost one in three Finns experience loneliness in working life and one in four young people in their studies. Learn about strengthening our community or seek free counselling:

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