

# Longing for Connection? Boost your Well-being!

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*'Completely Radiant' offers bite-sized tips and insights you can apply right away.*

*Take responsibility for your own well-being, and see what it can do for you.*



## Strengthening Well-being

Enhancing your well-being has a positive impact on your entire being.

If you lack meaningful connections, you may feel lonely.

Even if you're not well connected to yourself, loneliness can arise.

Loneliness isn't about how many people are around you, but about the quality of connection.

Unhealthy effects of loneliness include stress, depression, and a weakened immune system. <sup>1,2,3</sup>

A sense of purpose and clear life goals act as a buffer. <sup>4,5,6,7,8</sup>

## Practical tips

By applying the tips below, you can soften or even dissolve the negative effects of loneliness.

Give them a try and see what they do for you.

1. Regular social interaction reduces stress and boosts the immune system. (See also tip 7.)

→ **Make a conscious effort to connect daily** — take a short walk with a neighbor, call a friend, or join a local group.

2. Having a clear life purpose strengthens psychological resilience.

→ **Reflect on what gives your life meaning** by writing down 3 things each day that made you feel grateful/energized.

3. Engaging activities contribute to a sense of purpose and connection.

→ Choose at least **one activity a week** that aligns with your values or interests, like volunteering, spending time in nature, or learning a new skill.

4. Avoid superficial social media use as a replacement for real connection.

→ **Schedule offline time with people who truly matter.**

**VIDEO** choose subtitles auto transl. into English:

5. Reduce feelings of stress and isolation; become more aware of what's valuable to you. [Come to yourself in 3 mins.](#)

→ **Connect with your body and mind** through simple breathing exercises or short meditations (e.g., 5 mins a day).

6. Taking action strengthens your sense of direction and self-worth — but start small.

→ **Set small, doable goals** that align with your purpose (e.g., help someone, get inspired, learn a skill).

7. True connection with others starts with connection to yourself.

→ **Learn to connect with yourself** by calmly working through these (free) [eight chapters](#). (use auto transl. EN-NL)

8. Connecting with others becomes easier when you can calmly express your needs and boundaries.

→ **Learn to express your needs and boundaries** with the help of this free [booklet](#).

9. Looking for inspiration? Start [here](#). (use auto transl. EN-NL)

## Scientific Foundation

<sup>1</sup> Loneliness activates the HPA axis, increasing cortisol levels and triggering a stress response.

[Pressman, S.D. et al. \(2005\)](#) – "Loneliness, social network size, and immune response to influenza vaccination in college freshmen."

<sup>2</sup> Loneliness is a direct predictor of depressive symptoms in both cross-sectional and longitudinal studies.

[Cacioppo, J.T. et al. \(2006\)](#) – "Loneliness as a specific risk factor for depressive symptoms: cross-sectional and longitudinal analyses."

<sup>3</sup> Loneliness activates the CTRA, which increases pro-inflammatory cytokines and reduces antiviral responses.

[Cole, S.W. et al. \(2015\)](#) – "Loneliness, eudaimonia, and the human conserved transcriptional response to adversity."

<sup>4</sup> Adolescents with a stronger sense of purpose report fewer depressive symptoms.

[Ginevra, M.C. et al. \(2023\)](#) – "The protective role of purpose in life on adolescent depression: A longitudinal investigation"

<sup>5</sup> Greater purpose = less loneliness, more resilience, and healthier behavior.

[Kim, E.S. et al. \(2021\)](#) – "Purpose in life predicts better emotional recovery from loneliness during the COVID-19 pandemic"

<sup>6</sup> A strong sense of purpose is linked to better long-term cognitive performance.

[Lewis, N.A. Jr. et al. \(2019\)](#) – "Sense of purpose in life and subsequent cognitive function: Evidence from the Health and Retirement Study"

<sup>7</sup> Purpose and meaning are major protective factors against depression and suicidal thoughts.

[van Wijngaarden, E. et al. \(2015\)](#) – "A systematic review of psychosocial protective factors against suicide and suicidality among older adults"

<sup>8</sup> A greater sense of purpose leads to more preventive health checks and fewer hospital visits.

[Kim, E.S. et al. \(2014\)](#) – "Purpose in life and use of preventive health care services"