SIMPLEPRACTICALITY

THE COMPLETE COMPANION E-BOOK

Overcoming Loneliness

with Susanne

50 readings and reflections / 10 themes

A gentle voice. A place to begin.

A place to begin

For the quiet evenings, the fresh starts, and the moments when connection feels far away.

This book is the complete written companion to Overcoming Loneliness with Susanne. Inside are all 50 pathways across ten themes, with stories, reflections, and small practical steps.

Read alongside the audio, choose a chapter on its own, or return to a thought you want to sit with a little longer. There is no required order and no timetable to keep.

The pause marks are invitations to stop for a moment. You may follow a reflection, leave it for another day, or simply keep reading. Take what is useful at your own pace.

One small step is a place to begin.

About Susanne

Susanne is a narrator brought to life with the assistance of AI. These answers are general wellbeing content for adults, not therapy, diagnosis, medical treatment, or a promise of recovery.

Keep real people and personal support in the picture. If distress persists, feels overwhelming, or makes everyday life difficult, seek appropriate professional support. If you cannot stay safe or may harm yourself, contact local emergency services or get immediate human help.

You may pause or skip any reflection. Use what fits your circumstances and let your next step respect your energy, access, budget, and boundaries.

THE READING EDITION

The readings retain occasional references to listening, so you can move easily between the book and the audio. A small pause mark leaves space to reflect.

01.01

When the Day Feels Especially Lonely

If today has felt unusually quiet, you do not have to pretend otherwise here. Perhaps you have spoken to people and still felt unseen. Perhaps there has been no one to speak to. For these few minutes, we will make the day a little smaller, until there is something within it you can manage.

In the stories I share, there is a particular Tuesday I often return to. Nothing dramatic happened. I answered an email, put some washing on, and realised at lunchtime that I had not used my voice. I made toast and stood beside the kitchen counter to eat it. Through the window, a neighbour was unloading shopping with someone else. Their conversation was ordinary. That was exactly what I wanted: someone to tell about the ordinary things.

At first I scolded myself. Other people had more serious problems. I should appreciate the

freedom. I should stop making a fuss. But every 'should' made the kitchen feel less welcoming. What finally helped was a more accurate sentence: 'I am missing company today.' It did not solve anything. It did give me a starting point that was kinder than an accusation.

You might try naming what you miss, if that feels comfortable. Is it conversation? Being understood? Someone nearby while you do separate things? An invitation that you did not have to arrange yourself? There is no correct answer, and you can pass on the question. Loneliness does not arrive in one standard shape. Naming your particular need may help you choose an action that actually fits it.

Now notice where you are. You can keep your eyes open. Find one thing with a definite colour, one sound in the room or outside it, and one place where your body is supported. There is no need to change your breathing. This is simply a moment of noticing. If paying attention to your body feels uncomfortable, stay with the colour of an object instead.

On my Tuesday, I noticed the blue stripe on my mug. Then I sat down to finish my toast. It sounds very small because it was very small. I had stopped treating myself as someone passing through a room that belonged to other people. I was a person having a difficult afternoon, and that person deserved a chair and something to eat.

Consider the next hour rather than the whole future. It might contain three simple things: something that meets a basic need, something that changes your surroundings, and something that opens a route towards another person. A glass of water, moving to a lighter room, and sending a short message would count. So would resting, opening a curtain, and looking up the time of a community activity for another day.

You do not have to complete all three. Choose the one that feels possible. If you want a message to borrow, try: 'Hello. It's been a quiet day here. Do you have time for a quick chat sometime this week?' You are making a request, not giving someone an examination they must pass. Their availability will tell you about this moment, not the whole value of the relationship.

If no familiar person feels safe to contact, that matters. A local community service, a moderated interest group, or a support professional may offer a different beginning. You do not have to manufacture a friend before you are allowed to ask for human support. If these days keep returning and ordinary tasks are becoming difficult, speaking with a healthcare professional is a reasonable next step.

For now, finish this sentence privately: 'In the next hour, I could...' Choose something small enough that it belongs to today. You can leave the rest undecided. My Tuesday did not turn into a wonderful day. It became a day with a meal at the table and a message sent. Sometimes that is how a little movement begins. Thank you for listening. Take your next step at your own pace.