

ALONE BUT NOT LONELY

Monday, 9 June 2025, 10am-3pm



The benefits of spending time with others are well understood and as a result it can seem like being alone is a poor second choice. However, is being by ourselves always a bad thing, or can it sometimes be beneficial for our mental health?

We will spend time exploring what it means to be by ourselves and if this always has to feel negative. You will have an opportunity to discover what level of being alone feels right for you and how to make the most of this precious time.

Through discussion, mindfulness and personal reflection we will learn how to develop a close relationship with ourselves and the importance of this relationship.

Enrol: <https://www.northlondonmentalhealth.nhs.uk/recoverycollege>

Find out more: 0203 317 6904 NLFT.recoverycollege@nhs.net



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