

WHY BEING ALONE CAN BE GOOD FOR YOU

I am proud to say that I know and am amongst a growing number of liberated women (and men!) who find no problem whatsoever in doing things alone! Yes of course it's fun to socialize and be around other people, we do need people in our lives but many underestimate how much we can actually enjoy activities in our own company.

Some might see and think of being alone and doing things alone as being something bad and to be avoided at all costs, they may stigmatise the concept, without realising that new opportunities for travel, meeting new people and having new experiences can often happen when you are doing things by yourself! There are so many people out there who are afraid to do things alone, they become a hostage in their own lives and homes and become immobilized if they don't have a

partner or a friend to do things with. This limiting mentality can hold you back in life and can be detrimental to your mental well-being.

The truth is that amongst friends and partners not everyone can or wants to go where you want to go, and some are not willing to step outside of their comfort zone. Should you put your life on hold because of this? Even good healthy marriages can accommodate some alone time and energise a relationship, proof that being alone is good for you even if you are in a relationship.

Embarking on a solo adventure may initially seem daunting, perhaps even a little embarrassing, but it's nothing to be ashamed of. I hear from people from time to time, that when they DID step out of their comfort zone and tried a solo holiday for instance, they felt a sense of knowing and developing who THEY are through the process. Others will choose a solo venture purely because it gives them space to breathe from a busy life.

When you go into the world by yourself, you don't have to compromise or wait around on anyone, you can do things at your own pace and time. You can talk to strangers, meet new people or even stay out all night if you want to! If you can get into the habit of venturing out alone you will

see how empowering it truly is. Gone are the days where people looked curiously at a person on their own in a movie or having a coffee at a coffee shop, it's become normal.

When I suggest to clients that they give a solo venture a try I am often asked "but HOW do I do it?" To conquer the reticence to venture out is a matter of changing our mentality and outlook to enjoying ourselves on our own. We can choose to get out and see what's going on or we can hole up, risking detachment and disconnection to the world. Many cases of depression are often caused by social and self-imposed isolation. Change that to planning to see the latest movie at the weekend or indulging in a coffee and magazine reading session at your local coffee shop and you will find yourself more IN the world than out of it.

It may feel uncomfortable initially, but next time you are out with a friend or partner, take a look around, and see the normality of being out and about solo. You just need to shift your mentality into this being normal and socially acceptable and away from old-fashioned ideas of it being weird or odd!



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