

# loneliness

BY:Simon M

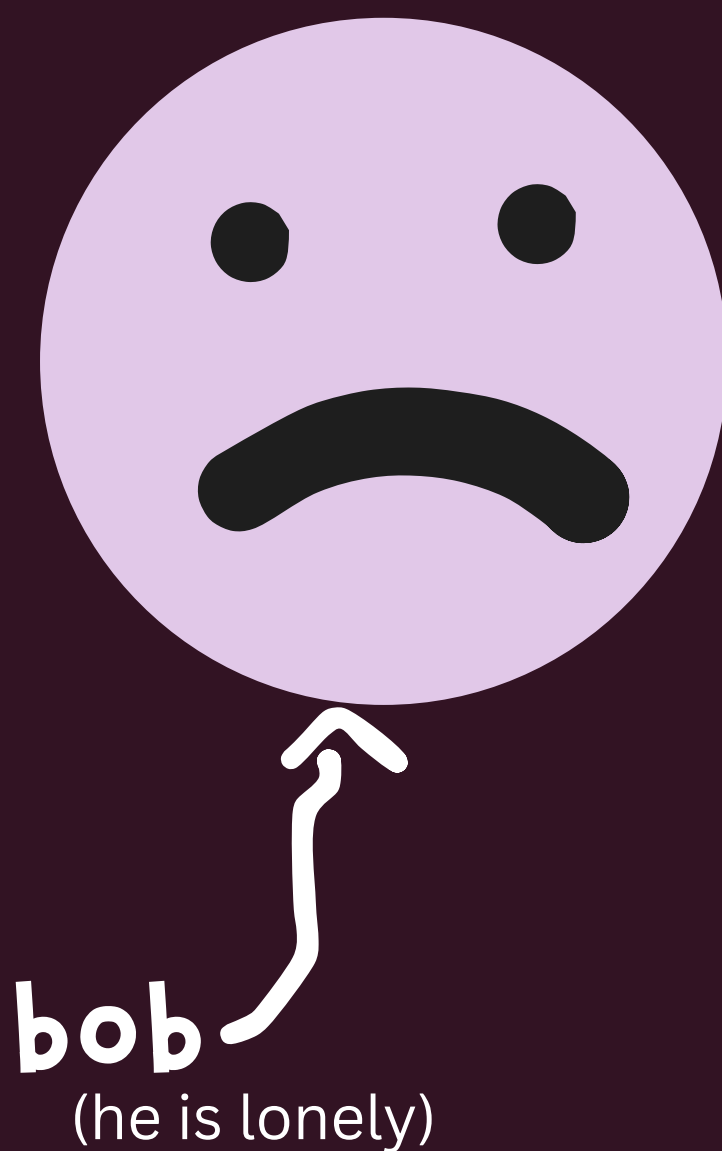
## Triggers

- going through a break-up
- going to a new school
- death of a loved one

## Signs

- Feeling disconnected or isolated from others
- Feeling like no one understands or cares
- Having difficulty forming or maintaining social relationships

## loneliness



## Definition

being sad because feeling isolated, and having no friends or company.

## Coping strategy

- make new connections
- volunteer
- join a club
- adopt a pet

## why does Bob look like that? – the creative choices

### (reflection p.2)

Bob is the mascot of this website, he is the lonely emotion in visual form. Bob is supposed to look sad and lonely. That's the whole reason that he exists. I drew Bob with a circle tool and the pen tool in canva.

Bob has a very minimalist, modern and expressive look, mainly due to my artistic abilities. I was trying to make Bob relatable for everyone. a 80 year old man can look at Bob and say “wow that's a lonely man” and the same thing with a toddler. toddlers cant speak but I bet that they're thinking the same thing as the 80 year old man.

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