

@fariha.salahuddin

Is Loneliness a Growing Concern?

The logo for FARIHAS .com, featuring the word "FARIHAS" in a red, serif font with a decorative flourish under the "F", and ".com" in a smaller, red, sans-serif font below it.

What is Loneliness?

‘Loneliness is the state of distress or discomfort that results when one perceives a gap between one’s desires for social connection and actual experiences of it’.

Loneliness is NOT Solitude or Being Alone

Are we lonelier than ever?

There are several reasons:

Focus on Personal Why: We've become intensely focused on self-discovery. The quest for self-identity and pleasure has overshadowed the patience and perseverance necessary for nurturing communal bonds.

Our Lifestyle: We are inundated with highly personalised information, particularly through social media, fostering a sense of an individualised world that demands less effort than building genuine connections.

Are we lonelier than ever?

Short-term Gratification: The prevalence of short-term 'feel-good' options leaves little time for deep self-reflection or meaningful connection with others, undermining both spiritual growth and community cohesion.

Desire for Individual Expression: The emphasis on creating space for individual voices and perspectives has diminished the opportunity for cultivating a collective viewpoint, hindering the sense of belonging and shared purpose within families and communities. This is further exacerbated by moving away from the joint family system.

Are we lonelier than ever?

Laziness and Ambition: Pursuing individual ambitions, coupled with a tendency towards laziness, creates a barrier to meaningful connections. Community and family development demand patience and moderation, qualities often overshadowed by the allure of personal achievement.

Exclusion of Elders: Elders are often marginalised or overlooked in modern society, leading to a lack of inclusion and celebration of their wisdom and experience.

What can we do about it?

- **Foster Personal, Family, and Community Bonds:** Cultivate strong relationships within your immediate family, extended family, and broader community. Share experiences, traditions, and values with loved ones to create a sense of belonging and support network. Actively participate in community events and initiatives to strengthen ties and contribute to the collective well-being.

What can we do about it?

- **Celebrate and Value Elders:**

Recognize the wisdom, experience, and contributions of elders within your family and community. Make an effort to include them in social gatherings, seek their guidance, and celebrate milestones and achievements. By honoring the elderly, we not only combat loneliness but also enrich our communities with their invaluable knowledge and perspective.

In conclusion, fostering meaningful connections, moderation, family bonds, community engagement, and honoring elders are vital in combating loneliness. This demands time, effort, and occasionally prioritizing the family's well-being over personal desires.



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If you're grappling with loneliness and seeking guidance, consider embarking on a 120-day transformation journey with us.

We offer a pathway to liberation, fostering mindfulness and confidence to overcome isolation and promote mental well-being.

Connect with us today at www.farihas.com.

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