

Helpful Tips To Cope With *Loneliness* In *Marriage*



Surround yourself with
positive people



Stop seeking sympathy

Invite your close ones
for a meal



Focus on your professional
life and make friends at work

Discuss your feelings with
your spouse



Take up a new or old hobby

Do not say no to an outing
with friends or family



Indulge in physical activity
and calming exercises

Mom  Junction

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