# Staying Connected in Busy Seasons of Life

**Relationships Australia WA has developed a range of tip sheets to provide accessible information and support to help people navigate life's challenges and building respectful relationships. Here are some tips to help you to reconnect with yourself, others and your community during demanding seasons of life.**

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**The quiet experience of loneliness**

We are more digitally connected than ever before, yet many people still feel lonely, especially during busy or stressful periods in life.

Loneliness isn't always about being physically alone. It can happen while responding to messages, attending social events or managing a full schedule. You might feel emotionally disconnected, unsupported, or like there is little space to slow down and check in with yourself or others.

Sometimes we can communicate all day without feeling genuinely connected.

This tip sheet explores the subtle signs of loneliness and shares practical ways to reconnect with yourself, others and your community during demanding seasons of life.

**Loneliness doesn't always appear as isolation. Sometimes it can show up as:**

- Feeling disconnected from others, even in social settings
- Struggling to open up about how you are really feeling
- Feeling emotionally exhausted by constant demands
- Missing a sense of belonging or support
- Drifting away from the people and activities that once helped you feel grounded

Social expectations around independence can make it harder to reach out, even when support is needed.

Connection doesn't have to be complex. Small, meaningful moments can make a big difference to wellbeing.

**<u>Tips for Staying Connected During Busy Seasons</u>**

**1. Curate your connection habits**
Not every interaction leaves us feeling genuinely connected. Constant scrolling or surface-level exchanges can increase disconnection.

Notice which interactions leave you feeling energised, calm, or understood. Prioritise those interactions

**2. Send low-pressure messages**
Many people avoid reaching out because they feel they need the 'perfect' conversation or enough energy to properly catch up.

Instead, try sending a low-pressure message:

- "Thinking of you."
- "No need to reply, just checking in."
- "Want to go for a quick walk this week?"

Small moments often matter more than long conversations.

**3. Build micro-connections into your day**
Connection doesn't always have to start with deep conversations or big social plans. It can happen in everyday moments.

- chatting with a barista
- greeting a neighbour
- talking to someone at the dog park
- attending a local class or community event

Even brief moments of connection can help reduce feelings of isolation.

**4. Schedule time away from the algorithm**
Sometimes we can spend hours connected online while feeling increasingly disconnected emotionally.

Take small breaks from scrolling and constant notifications and use the time for more grounding activities - like walking, journaling or having an uninterrupted conversation.

**5. Create a 'parallel connection'**
Not every moment of connection needs to involve deep conversation, emotional energy or making plans. Sometimes it is enough to simply share space with someone else.

This might look like:
- working quietly alongside someone,
- studying together online,
- going for a walk, doing a quick check-in call
- watching the same show from different homes,
- sitting together without needing to "catch up."

Shared presence can still help people feel supported and less alone.

**6. Make connection part of your routine**
When life gets busy, relationships can slowly slip into the background without us noticing. Rather than waiting until there is “more time,” try creating small, regular moments of connection throughout the week.

This could include:

- regular coffee catch-ups
- weekly check-in messages
- sharing a meal together once a week
- calling someone during your commute

Consistency helps relationships feel supported and maintained. Set reminders to reach out to people you care about, especially during demanding seasons of life.

**7. Stay connected to community**
Connection can come from many places, including local groups, volunteering, cultural communities, sporting clubs, workplaces or online support networks. There is a space for everyone. Thinking about your interests, hobbies, values, or passions can be a helpful place to start when looking for connection and belonging.

Feeling part of a community can strengthen wellbeing and remind us that we aren’t alone.

**8. Reconnect in new ways**
Relationships naturally change over time, especially during busy or demanding life stages. Connection doesn’t have to look the same as it once did. A shorter catch-up, shared meme, walk around the block, or quick message can still be meaningful.

Connection can look different during stressful or demanding periods of life. Even small moments of honesty, support and shared presence can help strengthen wellbeing and belonging.

If you are feeling disconnected, overwhelmed, or lonely, you don’t have to navigate it alone. Support is available.

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**Every relationship journey is unique. Relationships Australia WA is here to help people navigate life’s challenges with care, respect and compassion.**

**Whether you are seeking support for yourself, your relationships or your family, you don't have to navigate things alone.**

**For more information, please visit our website www.relationshipswa.org or call us on 6164 0200.**