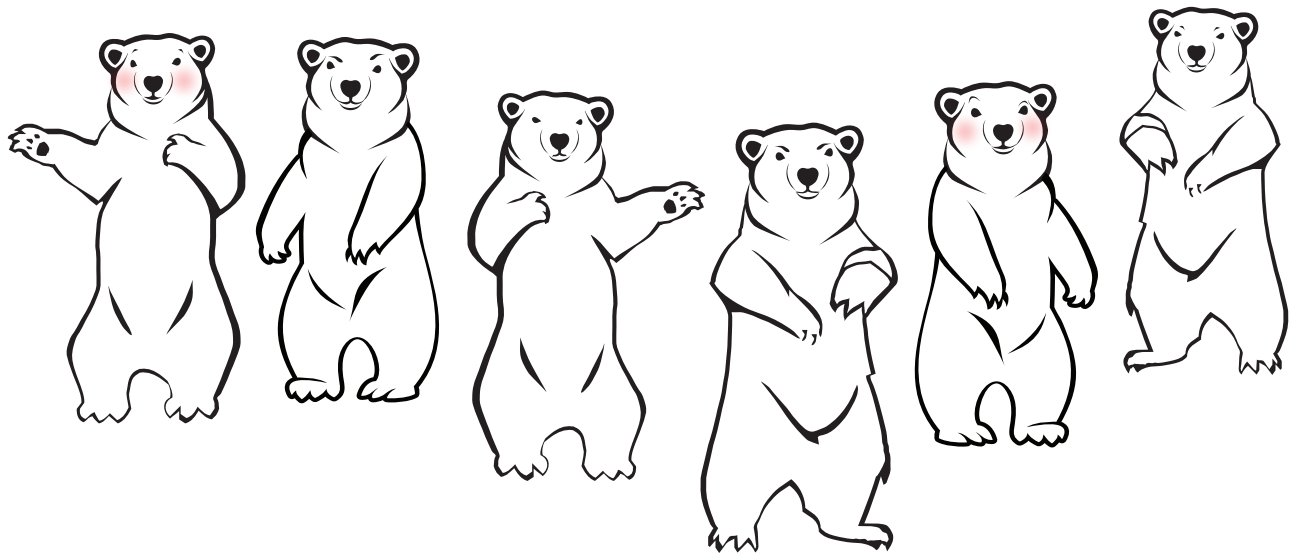




# Loneliness, Belonging & Fitting In



Loneliness has been linked to many mental health conditions. Loneliness has an evolutionary origin as a cue that we are in danger of being isolated and vulnerable and is one of the main indicators of social well-being. “Belonging” and “fitting in” are not the same thing. People that have the deepest sense of true belonging are people who also have the courage to stand alone and risk disconnection in order to remain authentic. “Fitting in” is about assessing the expectations of others and then assimilating to those expectations in order to be to be accepted. We only fully belong when we can be our true selves.



For more information visit:  
<http://bit.ly/BowdoinMHMoments>