The Loneliness Coping Strategies Menu

	Perceived as Effective (> 75%)	Mixed Results (50-75%)	Perceived as Ineffective (< 25%)
Common > 7% of Data	**Strategies to Continue Using** Investing in Existing Relationships Being Productive Health-Focused Lifestyle Changes and Behaviors	**Frequently Used w/ Varied Perceived Success** Forming New Relationships Distractions Being Social	
Infrequent 2-7% of Data	**Strategies to Consider Adding** Self-Reflection Work & School	**Depends on Quantity and Quality** Online Social Activity Therapy & Counseling Supportive Communication	**Strategies to Abandon** Ignoring One's Loneliness Unhealthy Behaviors & Vices
Rare < 2% of Data	**Effective Strategies That May Not Apply to All** Volunteering Addressing Problems in Relationships Religion & Spirituality		**Problematic Strategies w/ Alternative Solutions** Isolating Participating in Problematic Relationships Negative Thought Patterns