

The Perks of Being Alone

It is always said that humans are social creatures, that they depend on others and need each other to survive. Our society and all its various subsystems are based on teamwork. As a child you first go to a playgroup and later on to kindergarten. At school you're doing partner work all the time and in most jobs you're asked to solve problems together with your colleagues. You see, in our daily lives we are surrounded by people all day long. Certainly evolution has made that to an important part of our personalities to guarantee for the future and our descendants. But spending time on your own is as important as keeping in touch with other people. Why? - I'll explain to you.

Being surrounded by people is exhausting. Everybody needs some time on his own where they can enjoy the silence or do things they enjoy and that give them strength to go through their day and to cope with the challenges of the daily routine. After a long and hard day of work all you want is to be alone and do something you enjoy. Your brain needs this time to calm down. Take this time and make it *your* time. Do things that help you calm down. Helpful are physical exercises such as jogging or walking to clear the mind. Another possibility is to create. Create art, poems, songs, take pictures, write a blog,... When you're alone you can lose yourself in work because nobody disturbs you. And when you really lose yourself in this work – *your* work – you might create something truly wonderful.

It's better to be alone than being surrounded by people you don't like or you do not feel comfortable with. You always have to be careful with what you're saying, the way you're acting and even what you're thinking. Every person is different and it's normal not to like everybody. Everyone has their own character, their own interests, their own point of view. That's why you do not feel well in the presence of certain people. In this case it is better to be alone than fighting against anger or repulsion because that means a lot of stress for you. You'll also be able to work more efficiently when there is nothing going on in your head besides the work you should do.

Being alone is not the same as being lonely. There is a big difference between alonedom and loneliness. Many people are alone and lead happy lives. Alonedom only means that you're not surrounded by people – you're physically alone. And there's nothing wrong with that! In his book *Being Alone Without Being Lonely* psychologist Ben Martin states that “being alone can have its advantages. A creative person craves time alone. Any professional who takes a sabbatical and spends some time alone returns refreshed mentally and spiritually.”

You see, there is nothing wrong about being alone. Every now and then it is even necessary to charge your inner batteries to be able to work well. Do whatever you need to do to feel well and be happy.