

LIVING ALONE AS A BACHELOR(ETTE).



Last week I sat at a meeting discussing results from a climate survey and one of the questions asked by the mediator was, "What can we do to reduce your stress? Why do most single men and women have suicidal idealizations because of their work schedule and high stress levels and what can we do to help with this?" A guy raised his hand and said, "The dating pool in Denver is nonexistent. I go home, play video games, come to work and go back home." I was kind of dumbfounded because if this was a topic that was brought up, that means there are a lot of issues with this where I work.

I chuckled in my head and thought that playing video games is the problem. You have to make an effort to go out and socialize, make friends and not depend on online relationships. As humans, we need social interaction. That interaction should not be just at work. After looking into this I found a great article that lays a foundation for individuals who live alone. And several rules reached out to me.

- 1. Keep your place clean** – Who wants to come home to a filthy place? The likelihood or thought of inviting people over decreases exponentially.
- 2. Stay in shape** – Distracting yourself with physical activity will decrease the amount of time you spend alone and will most likely help you in increasing your chances of not being alone.
- 3. Don't masturbate too much** – Don't get used to taking care of yourself. Find someone to do that for you. This will also help if you follow the above two rules.
- 4. Date around** – Dating multiple individuals will increase your chances of finding "the one".
- 5. Learn to play an instrument** – Once again, this will distract you and let's face it, seeing someone or hearing someone who plays an instrument is pretty hot.
- 6. Don't live on the couch** – This hit home. Go out to local joints and **I PROMISE YOU**, you'll eventually meet someone.
- 7. Indulge your stupidity** – Do things that people will talk you out of. You're single. This is the time to be adventurous.
- 8. Turn off your phone** – Turning your phone off will help you find something else to do instead of just living on your couch.
- 9. Embrace your alone time** – When you're alone, this is the time to plan ahead. What are you going to do next? Alone time, can be perfect time for self-reflection.
- 10. Be happy** – At the end of the day just be happy. Find what makes you happy and do that.

There are more "rules" in the article, but these 10 stood out. I live alone, but I have found that following at least 4 of these rules a day, has been extremely helpful. There are plenty of online dating sites, but nothing compares to meeting people in person. By doing what you like to do, you may meet the person of your dreams and won't have to worry about being alone. There is so much to do all you have to do is make an effort. A small effort. For me, I enjoy sightseeing and anything outdoors really. I've met some pretty cool people going to the local garden center. There's where I really picked up the idea of incorporating plants into your home.

Please reach out if you need suggestions for places to go to or just someone to hang out with.

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