

# Beating Loneliness Online: Problems and Solutions

Today, many people feel more pressure than ever because of world political situations and routine problems. Many people have also switched from going to the office to working from home. For individuals who live alone, it became another problem. Most of us spend one-third of our time at work, which covers the daytime. It aggravates the feeling of loneliness and makes people even more depressed. How can we handle it without changing the routine? [CooMeet](#) has the answer.



## How Can I Beat Loneliness?

If you want to find a friend or a partner, you should consider the following options:

- Go out more. Whether with friends or alone, going out helps you feel like a member of society and raises the chances of casual communication.
- Find a hobby in a group of new people. Go to the gym or dance classes, try pottery, chess playing, or anything else you like, where you can meet new people.
- Find and join an online community of interest. It works like live meetings, but is much less intense and stressful.
- Try online video chats. Find an option in a dating app or discover a chat roulette to spend an evening at.

Random video chat platforms are the fastest option because they provide unlimited communication. In all the other cases, you will have to change your routine or habits somehow.

## **What Is a Random Video Chat?**

Random video chat is the same as video chatroulette. Using this chat, you will interact with other people via a video call. In contrast to a traditional video call, where you accept or invite users to a meeting room, random video chat can connect you with anyone who opens a corresponding page in a browser.

The parts “random” and “roulette” mean that people can change interlocutors, but never know who they will talk to next. Such randomness is a good ground for using video chat for fun and making friends.



## **What Video Chats to Use for Dating?**

The technology of video chatrouettes is widespread in the dating industry, but you should pick the platform very carefully. Some of them are unreliable and can compromise your anonymity or privacy.

You can easily avoid these problems on a trustworthy platform with verified users. For instance, CooMeet offers an instant video chat with girls and guarantees no scams or ads interrupt your communication.

## **Why Are Chatrouettes so Popular in Society?**

Several reasons explain why so many people use random video chats:

- it provides new emotions without the need to go anywhere;
- chatroulette is random, so you can meet someone interesting to communicate with;
- online dating video chats provide a wide variety of people to spend time with;
- you can easily end the conversation the moment you stop enjoying it.

Thus, video chats are the easiest and cheapest way to find someone new to talk to or even a long-term partner.

Nowadays, people spend more and more time alone, in front of screens. By the end of the day, we do not have any energy to go anywhere. In this circumstance, video chats are perfect for random partner searches in one click.