

NYC

CONNECT >

URBAN NETWORKING ISSUE

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SINGLE LIVING IN URBAN AMERICA

Most single adults in the U.S. are content being on their own.

10

PLACES TO DECOMPRESS

EXCLUSIVE INTERVIEW

JACKSON HEFFLER

THE BIG APPLE'S NEW CITY MANAGER AND ALL AROUND GOLDEN BOY ON PENDING REFORMS

THE GAME IS CHANGING

Socialization is more demanding even for many extroverts



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10 PLACES TO DECOMPRESS

thrillist

PLACES SINGLES MINGLE

by Izzy Baskette

Although the season of love may have some of us swiping through dating apps a little bit more intensely, let's collectively agree that not having a "special someone" isn't a reason to sulk. Rather, while others might be cozying up with their honey at a romantic restaurant and planning cute date nights, we've transcended into celebrating the freedom and spontaneity of being unattached—and we'll die on the hill that there's no better city to be single in.

Whether you're in the mood to flex anything from (let's be real) average pool skills to niche music knowledge or are determined to remain unfazed by the dating scene via letting loose with your besties on a dance floor, there's something for everyone in the Big Apple. Let's jumpstart your next great love story! Here are the places in New York City that singles mingle according to *thrillist.com*.

CITY GUIDES

Discover the best things to eat, drink, and do with our expertly curated city guides. [▶ page 24](#)

compiled by [thrillist.com](#)™

Eavesdrop | Greenpoint

Wiggle Room | East Village

Café Balearica | Williamsburg

Bua | East Village

Dutch Kills | Long Island City

The Flower Shop | Lower East Side

Ginger's | Park Slope

Good Judy | Park Slope

Mood Ring | Bushwick

The Penrose | Upper East Side

Ponyboy | Greenpoint

Ray's | Lower East Side

Sophie's | Alphabet City

Twins Lounge | Greenpoint

Union Pool | Williamsburg

169 Bar | Lower East Side



DID YOU KNOW?

Singles are split between being on and off the dating market. Of the half who are not looking for a relationship or dates at the moment, having more important priorities and enjoying being single are their top reasons why they are not looking to date.

7 WAYS TO RECHARGE YOUR SOCIAL ENERGY

by Christopher Palmer, MD

Social fatigue or social burnout happens when you've socialized to the point that you can't do it anymore. Social exhaustion can also be called introvert burnout or introvert hangover. Although it's not a medical diagnosis, it is a valid experience that introverts and extroverts can face. It can be an emotional and physical response to social overstimulation that leaves you feeling drained and exhausted. You might feel physically tired, stressed, angry, or irritable. Social exhaustion can feel like hitting a wall. You may feel as if you don't have the energy to get out of bed, let alone be in a room with other people. It feels as if you're running on an empty gas tank, and the nearest gas station is hundreds of miles away. (cont. page 110)

