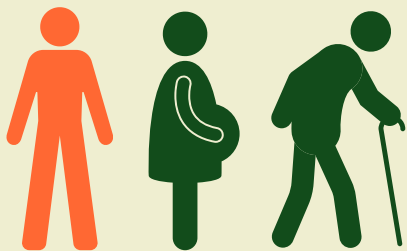


# HEALTH EFFECTS OF LONELINESS

Learn how loneliness and social isolation can shape physical and mental well-being, and find tips to improve social connectedness

## Loneliness is More Common Than You Think...



About **1 in 3** U.S. adults report feeling lonely



**1 in 4** U.S. adults report a lack of social and emotional support



## What is Social Isolation?

Isolated individuals may have limited relationships or contact with others.

This can contribute to feelings of loneliness and disconnection, as well as increase one's risk for **heart disease**, **depression** and **dementia**.

## Tips for Staying Connected

- Find an activity that you enjoy, you may meet people with similar interests
- Talk with people you trust and share your feelings
- Check out resources at your local social service agencies, community center and senior centers

