

STAY CONNECTED

to Combat Loneliness
and Social Isolation



**Feeling lonely and
being isolated
are bad for
your health.**

Loneliness and social isolation are associated with higher rates of depression, a weakened immune system, heart disease, dementia, and early death.*

**Are you
at risk?**



Try to stay active and better connected if you:

- live alone or can't leave your home
- feel alone or disconnected from others
- recently had a major loss or change
- are a caregiver
- lack a sense of purpose

Ideas for staying connected

Find an activity that you enjoy or learn something new. You might have fun and meet people with similar interests.





Get moving! Exercise decreases stress, boosts your mood, and increases your energy.

Volunteer. You'll feel better by helping others.



Stay in touch with family, friends, and neighbors in person, online, or by phone.

Consider adopting a pet. Animals can be a source of comfort and may also lower stress and blood pressure.



For more information about preventing loneliness and social isolation, visit <https://www.nia.nih.gov/health/participating-activities-you-enjoy>.



*Cacioppo JT, Hawkley LC. Perceived social isolation and cognition. *Trends Cogn Sci*. 2009;13(10):447-54.