



You are
worthy of
someone's
time...

Mental Health/Overall health Impact

Loneliness has many mental health side effects. This is a much larger issue than just feeling like you miss someone. A term that describes the mental health aspect is “geriatric loneliness”. This is negative feelings or sadness brought on by a lack of communication, companionship, or relationships with other people (Sandilya, 2020). A statistic to prove how serious of a toll loneliness can take on your body overall is that “A lack of social connection can harm an individual’s health as much as smoking fifteen cigarettes a day, or having an alcohol use disorder” (Mahone, 2021)

Loneliness

Loneliness in elderly adults is more of an emotional loneliness rather than a social loneliness (Manoli et al, 2022). There is a lack of intimate connections as you get older.

According to the National Poll of Healthy Aging, people surveyed between the ages of fifty and eighty, one out of three people said they felt a longing sense of loneliness in their life (Mahone, 2021). This is a debrief on loneliness for my target audience. You are not alone!



How to Fix it

01 | PRACTICE GRATITUDE

Gratitude has been proven to decrease feelings of loneliness (Caputo, 2015). I suggest making a list and reading it whenever you feel down. Also, when something goes well...keep adding to the list. Make it as long as possible.

02 | TAKE UP HOBBIES

There are so many groups out there waiting for you to join. This will give you a group of people to interact with and a purpose; alleviating this sense of loneliness. It has been proven that a feeling of contribution to society, a meaningful engagement, and using cognitive strategies has been a very successful tool in managing the feeling of loneliness (Kharicha et al, 2021).



03 | REACH OUT

Tell your family how you feel! You will need to practice good communication skills during this conversation for it to truly be effective. Synthesizing important information and remembering points from the conversation that give you a good understanding of what is going on. Respond either verbally or nonverbally providing feedback and responding to show that you have been listening and value the conversation (Manusov et al, 2020)

Sources

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