

Loneliness and Connection

Ways to connection

Positive relationships with friends and family are essential for our well-being. When we lack social connections, it's all too easy to feel lonely or isolated. Loneliness, though complex, can be understood as the uncomfortable feelings arising from a gap between our desire for social interaction and the reality of our connections. While feelings of loneliness can differ from person to person, this state of distress occurs when we feel disconnected from others or ourselves. Anyone can experience loneliness, but certain life circumstances, such as significant changes or losses, can heighten that feeling.

Regardless of age, maintaining social connections is crucial for our overall well-being. Loneliness can lead to serious consequences, such as increased rates of depression, heart disease, and a weakened immune system. Here are some ways to foster connection if you find yourself feeling lonely:

- 1. Get Active:** Engaging in physical activity is an effective way to reduce stress and improve your mood. Whether through a workout video or a stroll around your neighborhood, exercise can make a significant difference.
- 2. Consider a Pet:** Animals can provide invaluable companionship and comfort, offering a sense of connection.
- 3. Reach Out:** Take a moment to connect with others, either in person, by phone call, or via video chat. A simple conversation can remind you that you're not alone.
- 4. Help Others:** Supporting others in need can give your life purpose and help alleviate feelings of isolation.

Creating a connected life begins with our daily choices, such as prioritizing time with others, being genuine, and treating those around us with kindness. Building connections takes courage and vulnerability. Embrace the opportunity to take risks and believe in yourself, as doing so fosters a connected life and makes it possible for a more connected world.

Content sourced from: NIH - National Institutes of Health, Stanford University and Murthy, V., [Together](#)

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We are proud to partner with LifeExpert and all the resources they develop and prepare for you, our clients.

MyLifeExpert.com, delivers mental health and work/life topics on one integrated platform.

Resources include:

- Articles (Such as the one above)
- Videos
- Podcasts
- Calculators
- Webinars
- Self-Assessment tools to provide you with a quick assessment on topics of mental health (ie: depression, anxiety, addiction) or financial and physical health. It further directs you to targeted resources and information based on your assessment results.

Further topics include:

- Family and education
- Childcare and Eldercare
- Health and wellness
- Financial and legal
- Career
- Everyday living and more

Employees will have instant access to more than a million providers focused on childcare, education, aging, medical and health and more.

Registration is easy!

- 1) Go to ProfileEAP.org
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- 3) Or scan the QR code to upload the App to your phone or computer



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