

Connect Care

Loneliness!

BY DR. ROGER HABER

This past May, Dr. Vivek Murthy, the Surgeon General of the United States, released a new Surgeon General Advisory calling attention to the public health crisis of loneliness and isolation in the United States.

In his introductory letter in the report, Dr. Murthy writes, "Each of us can start now, in our own lives, by strengthening our connections and relationships."

Dr. Murthy continues, "Loneliness is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death. The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day, and even greater than that associated with obesity and physical activity."

We need each other. The poet, John Donne wrote, "No man is an island." Yet many feel isolated and alone—it is epidemic.

One of the reasons your company has provided care partners is so you might have someone with whom you can connect—someone with whom you can safely share with confidence what's happening in your life. You might not be able to share somethings with your family, or your co-workers, or your friends—but your care partner is there for you.



**“THE ONLY TIME
WE WASTE IS THE
TIME WE SPEND
THINKING WE ARE
ALONE.”**

MITCH ALBOM



The institutions where people found community have declined over the years—religious groups and clubs.

Studies have shown there is more and more evidence linking health to the importance of our environments. Technology has greatly changed the way we live, work, communicate, and socialize in today's world. One study shows we spend an average of six hours per day on digital media. Technology can help us connecting with friends and family, but it can also minimize in-person engagement, reduce the quality of our social interactions, and even diminish our self-esteem.

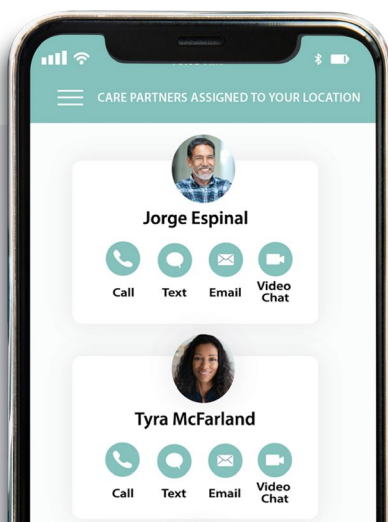
According to the Surgeon General's report, this can lead to greater loneliness, fear of missing out, conflict, and reduced social connection.

So, what are some practical steps we might take to overcome loneliness?

1. Make new connections. Maybe check out a club that matches your interests: sports, art, music, reading, walking. A church or a place of faith is a great place to make connections. Your care partner would be a great resource for you.
2. Reach out to a teammate. You're probably not the only lonely person at your workplace. Strike up a conversation in the breakroom. Offer to buy lunch for a co-worker. If you're on the road, a text message to a fellow worker might be a good step to start some conversation and arrange a time to connect.
3. Rethink how you spend your free time. Don't just go in a corner by yourself. Look for ways to reach out to people. Ask other people how they are doing.
4. Volunteer. This is a great way to meet new people. Again, your care partner would probably have some great recommendations on places in your community.

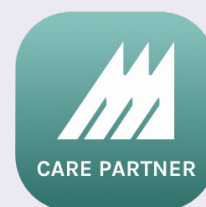
Our Surgeon General writes, "Our individual relationships are an untapped resource—a source of healing hiding in plain sight."

Have you downloaded the Care Partner App? Why not do that right now, and let your Care Partner know how you'd like to connect? You can call, text, email, or video chat.



24/7 access to
your Care Team
via Care Partner App

*free in your app store



How It Works



Enter your company's Location ID

126050



Select a Care Partner to call, text, email, or video chat directly from the app.



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