

## Making connections can cure loneliness

**I**f you're feeling lonely, you're not alone. Studies show more than half of us feel that way some time or another.

There are range of reasons for this, including spending too much time online or on social media and not enough talking to people in person. Feeling lonely can be harmful to our health, both physical and mentally.



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### Quick facts on loneliness:

**1** Loneliness is linked to a greater risk of heart disease, anxiety, depression and other conditions. You can feel like you can't concentrate, have headaches and body aches, or be easily distracted.

**2** People can feel lonely because they



lack company or lonely because they are not part of a group they want to be in. Young adults are the loneliest people, studies show. Fortunately, there are ways you can build connections with other people.

**3** Lend a hand to feel more connected. Serving the community by volunteering can foster a sense of connection and is a way to meet other people. It can also improve your mood.

**4** Do what you enjoy. That could mean playing games, hiking, writing poetry, cooking or joining a book club. You are likely to find others you can connect to if you have things in common.

**5** Be yourself. What really connects people is sharing authentic thoughts and feelings. Sometimes it means making an extra effort to open up and show who you really are.

