

Invisible Pandemic

Loneliness under COVID-19

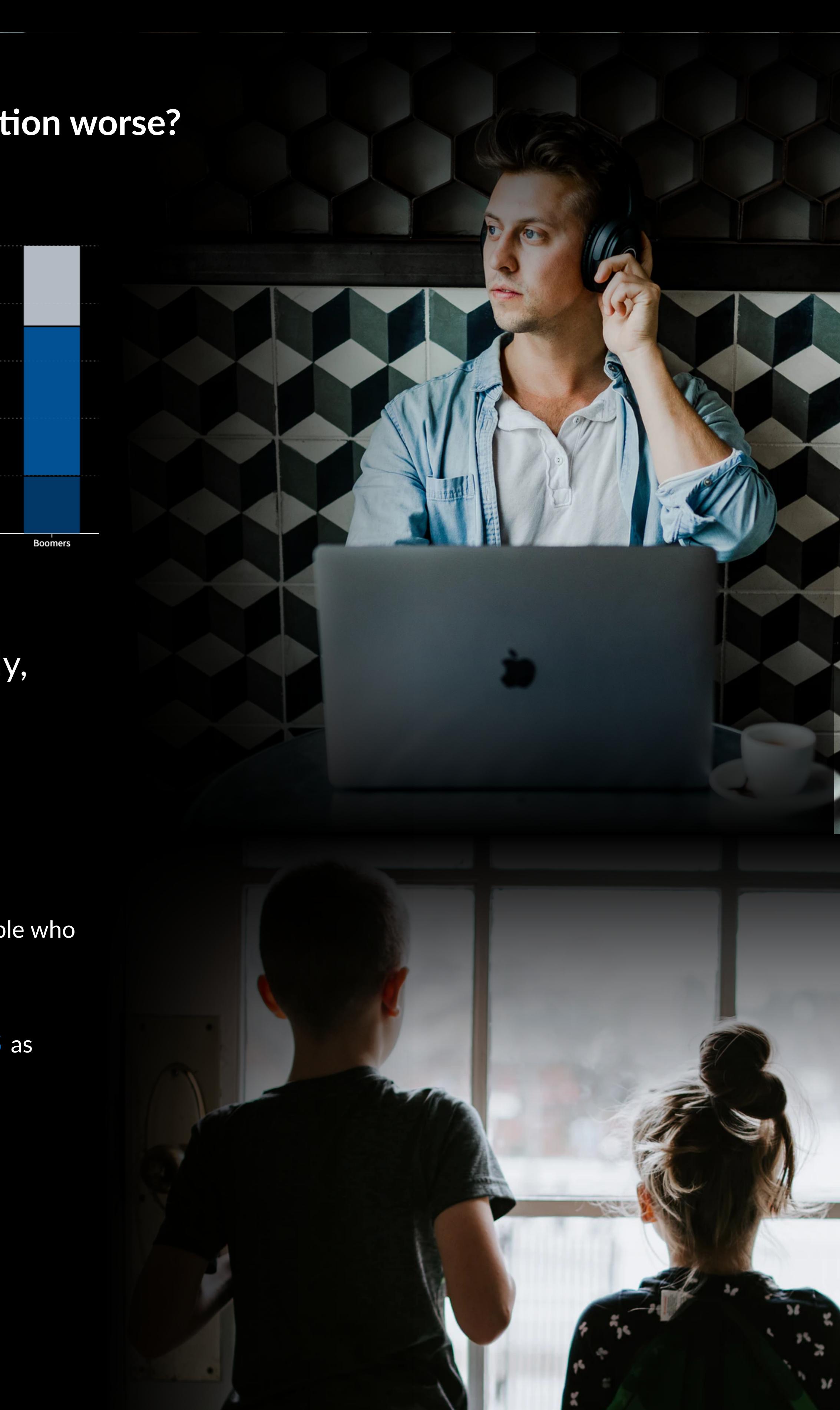
Miaojun Xu
Carnegie Mellon University

It has been our daily life
since COVID-19

However...

Loneliness epidemic is worse than ever

"A lot of people are calling attention to coronavirus because it's right in front of us, but at the same time, teens' depression rate — it's a silent threat."



32 %

Living alone increases risk for earlier death by

15 cigarettes a day

Health risk of being lonely



Loneliness is serious.

Why COVID19 makes the situation worse?

Those who feel more lonely after pandemic

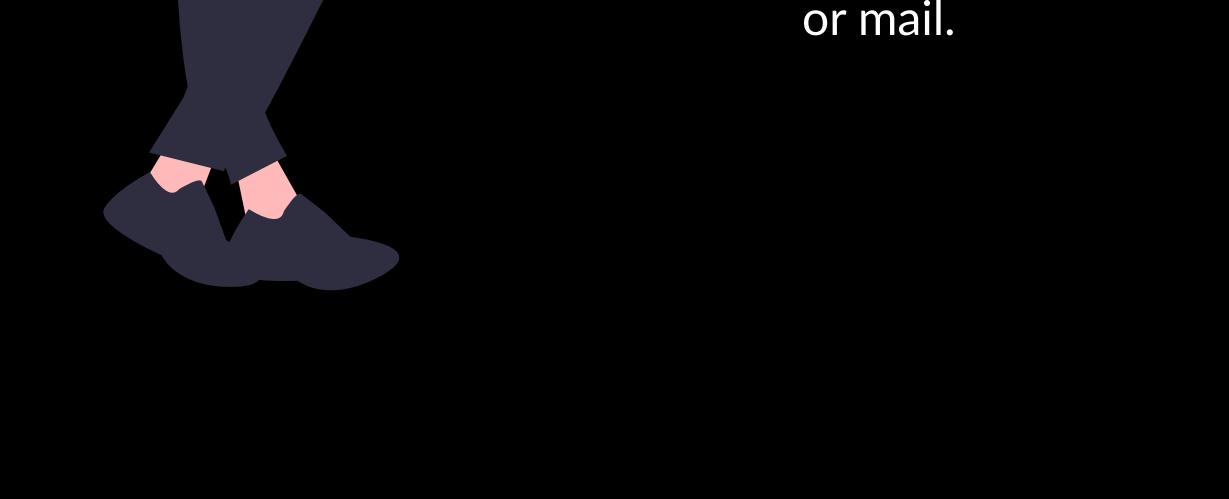


75% reported being more lonely,
especially millennial men.

Coronavirus loneliness isn't just emotional: people who
are lonely due to coronavirus isolation report
worsened relationships 3 times as

often as those not lonely.

Those who reported worsened relationship after pandemic



Loneliness impact data (use in second section for explaining seriousness of loneliness):

<https://www.npr.org/sections/health-shots/2020/07/04/885546281/why-some-young-people-fear-social-isolation-more-than-covid-19>

<https://journals.sagepub.com/doi/abs/10.1177/1745691614568352>

<https://www.pnas.org/content/110/15/5797.full>

<https://journals.plos.org/plosmedicine/article?id=10.1371/journal.pmed.1000316>

Facts about who are affected by covid19 and how (use for section of whose mental health is threatened and how):

<https://socialpronow.com/loneliness-corona/#5>

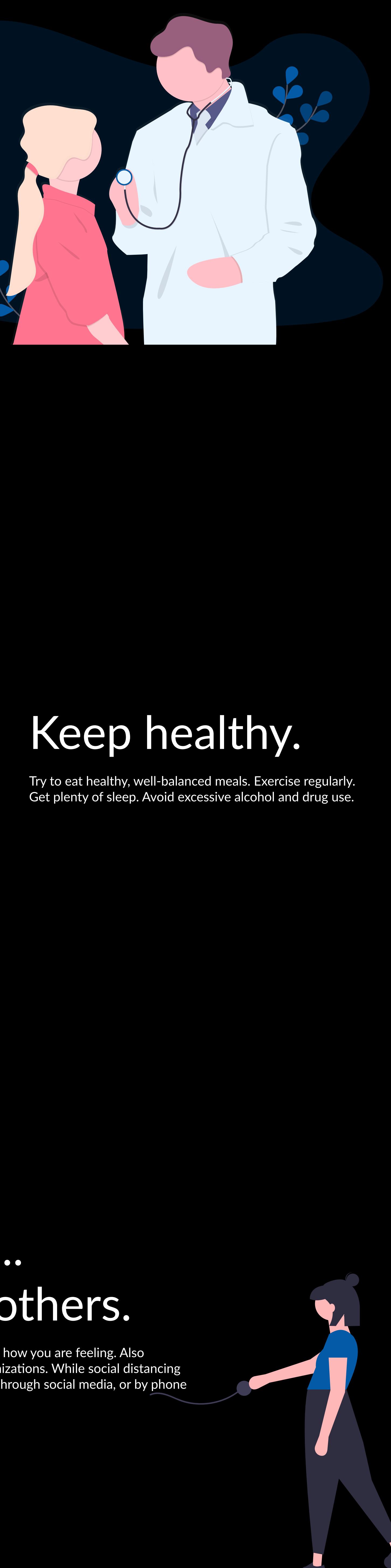
<https://time.com/5833681/loneliness-covid-19/>

Suggestions of how to deal with loneliness (use in the last section of advice):

<https://www.cdc.gov/aging/publications/features/lonely-older-adults.html>

Ask doctors.

Your doctor can assess your risk for loneliness and social isolation and get you connected to community resources for help, if needed.



Keep healthy.

Try to eat healthy, well-balanced meals. Exercise regularly. Get plenty of sleep. Avoid excessive alcohol and drug use.



And of course...
Connect with others.

Talk with people you trust about your concerns and how you are feeling. Also connect with your community- or faith-based organizations. While social distancing measures are in place, consider connecting online, through social media, or by phone or mail.

Appendix

Stock images:

<https://unsplash.com/photos/9X1P46Y2KJo>, <https://unsplash.com/photos/vXymirx5ac>, <http://pngimg.com/download/4767>,

https://unsplash.com/photos/xz8g_nmHs0, https://unsplash.com/photos/va_Opp86kf0

<https://unsplash.com/photos/NDw-WCFk1fo>

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