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## Stay Connected to Combat Loneliness and Social Isolation

As people age they often find themselves spending more time at home alone. This can affect your health and well-being. Learn if you might be at risk and how to stay connected.

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# STAY CONNECTED

## to Combat Loneliness and Social Isolation



Feeling lonely and  
being isolated  
are bad for  
your health.

Loneliness and social isolation  
are associated with higher rates  
of depression, a weakened  
immune system, heart disease,  
dementia, and early death.\*

Are you  
at risk?

Try to stay active and better



connected if you:

- live alone or can't leave your home
- feel alone or disconnected from others
- recently had a major loss or change
- are a caregiver
- lack a sense of purpose

## Ideas for staying connected

**Find an activity that you enjoy or learn something new.** You might have fun and meet people with similar interests.



**Get moving!** Exercise decreases stress, boosts your mood, and increases your energy.

**Volunteer.** You'll feel better by helping others.



**Stay in touch** with family, friends, and neighbors in person, online, or by phone.

**Consider adopting a pet.** Animals can be a source of comfort and may also lower stress and blood pressure.



For more information about preventing loneliness and social isolation, visit <https://www.nia.nih.gov/health/participating-activities-you-enjoy>.



National Institute  
on Aging

\*Cacioppo JT, Hawkley LC. Perceived social isolation and cognition. *Trends Cogn Sci*. 2009;13(10):447-54.

## You may also be interested in

- Learning more about [loneliness and social isolation](#)
- Exploring a [social isolation and loneliness outreach toolkit](#)
- Watching a [video on combatting loneliness and social isolation](#)

[Read a transcript of the infographic](#)

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