

a book about

loneliness



lonely

[adjective] | lone • ly | \ lōn-lē \ :

1 : being without company; lone

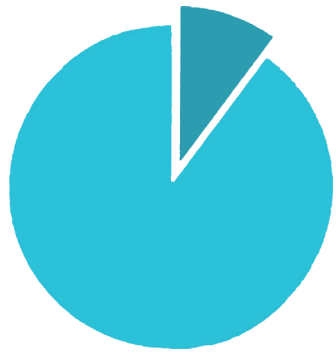
2 : cut off from others; solitary

3 : not frequented by human beings; desolate

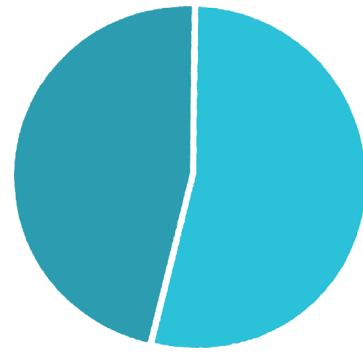
4 : sad from being alone; lonesome

5 : producing a feeling of bleakness or desolation

Loneliness isn't just
being alone - anyone
can feel lonely.



- 1 in 10 people in the UK feels lonely often.



- 46-47% of adults in the US report sometimes or always feeling alone or left out.

But why is
something like
“loneliness”
such a major
issue?

It affects your mind...



Your brain becomes more alert to social signals when you're chronically lonely, but it's less likely to interpret them accurately - as it focuses on negative social interactions.

In particular...

“the part of your brain that recognizes faces ... becomes more likely to categorize neutral faces as hostile, which makes it distrustful of others.”

-Kurzgesagt

It impacts your health...

Chronic loneliness is linked to:

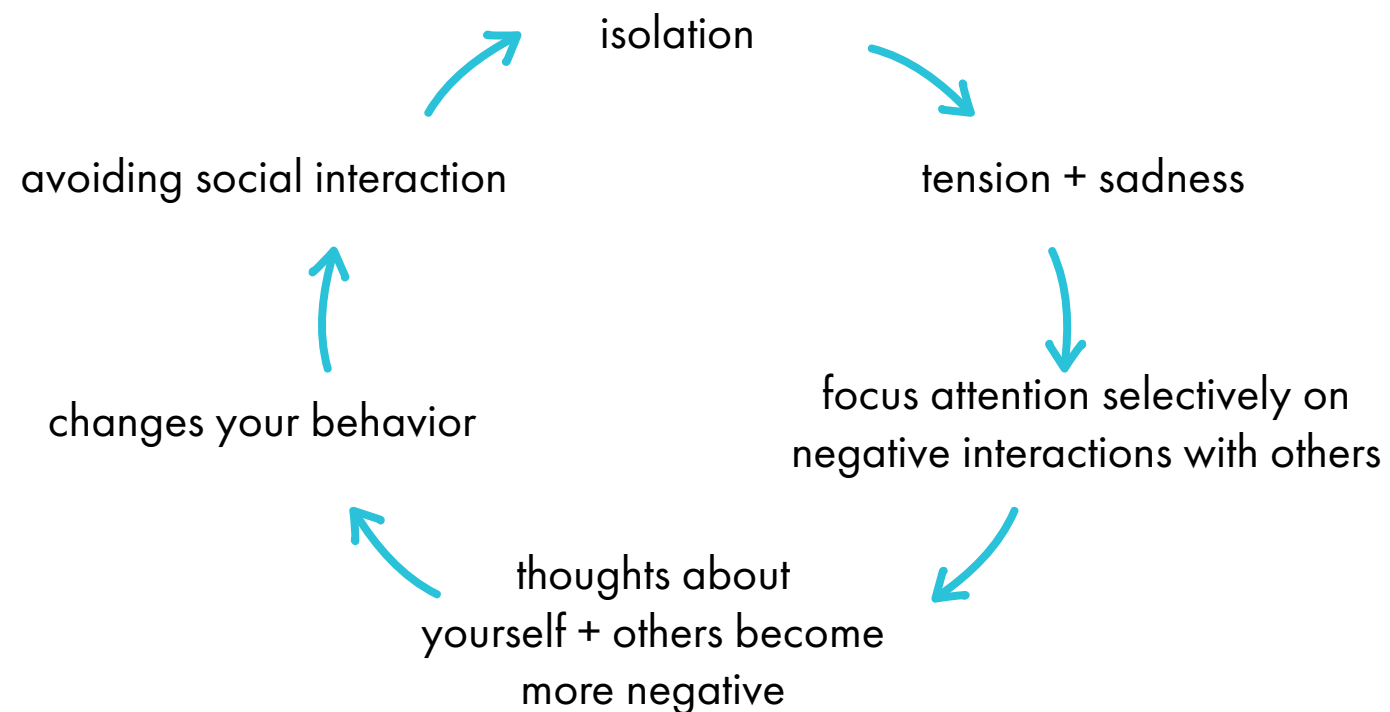
- faster aging
- higher mortality from cancer
- faster advancement of Alzheimer's
- weaker immunity
- exercising less
- lower quality sleep
- lower immune response to vaccinations



“Loneliness is twice as deadly as obesity and as deadly as smoking a pack of cigarettes a day.”

-Kurzgesagt

...and it becomes a vicious cycle.



Plus, it may be contagious - the loneliness of those closest to you may predict your future loneliness.

*So what
do we
do about
this?*



If you're lonely, there are a few things you can do.

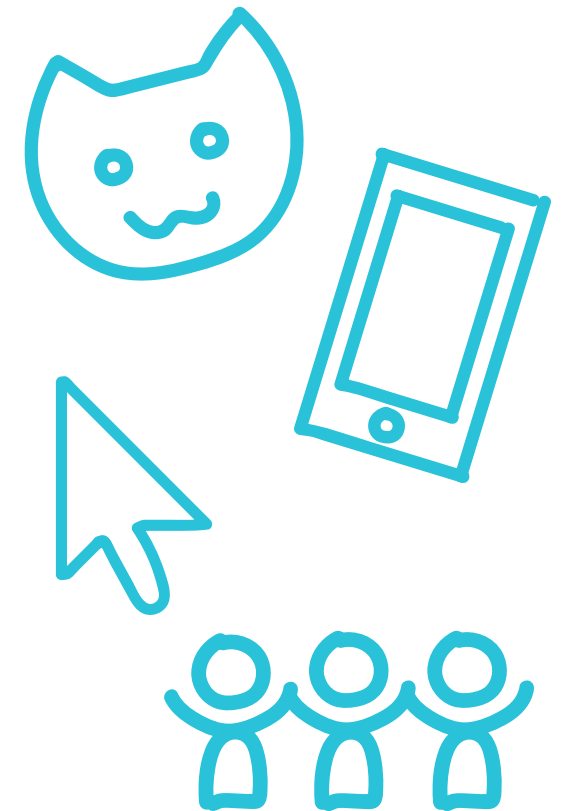
- 1.) Recognize the vicious cycle and the habits you may have adopted
- 2.) Accept that loneliness is a normal feeling and a universal experience
- 3.) Self-examine and honestly assess:
 - your interactions
 - your thoughts about the world
 - your behavior



Awareness and acceptance are vital to overcoming loneliness.

There are also other activities that have been shown to alleviate loneliness:

- group activities
- volunteering
- get a pet
- connect with people online
- call someone, or use video chat
- seek professional help



And how can we help others who might feel lonely?

Start by simply reaching out:

- write or call someone you haven't spoken to in a while
- invite someone to get a coffee
- go to an event and talk to the people there



Lots of us are feeling lonely these days, but we can all do something to help ourselves and each other.
Together we can make the world a less lonely place.

This book is one of a series of books on social justice issues designed under the direction of Professor Ingrid Hess by the students of Typography 1 at the UMass Lowell. This volume explores the topic of loneliness. This book has been researched, designed, and edited by Caitlyn Cole.

