

## Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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## Simple connections can reduce loneliness and isolation

Isolation and or loneliness can affect anyone. Experiencing social isolation and or feeling lonely can impact your physical and mental health.

Social isolation happens when a person has little or no contact with other people. Isolation may be over a short- or long-term period. It is a physical state of not being around others.

Connecting with others can help reduce loneliness and social isolation.

There are plenty of ways to connect nowadays. Even small steps add up.

Here are some things you can try to feel more connected and less lonely.

- Help someone else. Even helping just one person one time is a way to connect. You can try helping a neighbor with groceries, or volunteer for an organization that interests you. This can be a great way to help people and meet others who share your interests.
- Take care of the relationships you already have. Reach out to people you already know. Call a supportive friend or family member you haven't talked to in a while. It doesn't have to be a long call and you don't need to have a lot to talk about. Just reaching out can keep those connections strong. Reaching out to just one person may connect you to others, too.
- Find new connections. Think about your hobbies and interests. Are there groups that get together to do those things? Maybe you can join one. That hobby could connect you to lots of other people who share your interest.
- Consider talking with someone. It can be hard to make changes on your own, and it can be scary to think about putting yourself out there in social situations. If you'd like support



getting started or if loneliness is making it hard for you to go about your day, a counselor can help.

If you, or someone you know, is struggling, help is available. There are many options to get help. Try calling the Addiction and Mental Health helpline at 1-877-303-2642, 24 hours a day, seven days a week, or visit [www.ahs.ca/helpintoughtimes](http://www.ahs.ca/helpintoughtimes).