



Mental Health Moment



Lets think about Loneliness

- **Loneliness = The difference between the amount & quality of social contact you have and the amount you want.**
 - impact on lifespan is like smoking 15 cigarettes a day and more than the impact of obesity.
 - impairs task performance, creativity, and decision making
- **Fostering social connections to reduce loneliness should be a strategic priority**



A person with long dark hair is sitting on a bed, looking out a window with sheer curtains. The scene is bathed in a warm, golden light, suggesting a sunset or sunrise. The person's silhouette is dark against the bright window.

Kick Loneliness

- **Improving social skills** - How well do you deal with conflict? How are your listening skills?
- **Enhancing social support.** Invest in and build your social support network before you need it.
- **Make this a hygiene factor in your life.** People with more diverse social networks are happier!
- **Changing maladaptive thinking.** Chronic loneliness makes us susceptible to feeling rejection, hostility, judgement, etc.
- **Reach out to people.** Ask about their lives. Show you care.

A close-up photograph of three hands clasped together in a supportive grip. The hands are of different skin tones, and the person on the left is wearing a teal shirt, while the others are wearing brown ribbed sweaters. The background is dark and out of focus.

Creating connection in the workplace

- **Evaluate the current state** of connections in your workplace
- Ensure a climate for **healthy conflict**
- **Build understanding** of high-quality relationships.
- **Make strengthening social connections a strategic priority** in your organization
- **Encourage coworkers to reach out and help others** — and accept help when it is offered.
- **Create opportunities to learn** about your colleagues' personal lives.