

Ways to Fight Loneliness

In a fast-paced technology driven culture, anyone can be at risk for loneliness, which can increase risk for many different types of diseases; as well as contribute to mental health problems. Here are some ideas to fight loneliness:

Build a supportive workplace culture. Even when someone is working, they can experience loneliness.

- Encourage inclusion and belonging by inviting others in for both work projects and things like parties and lunch hours.
- Create opportunities for team bonding and collaboration.

Start or enhance peer support programs. People are much happier and engaged at work when they feel supported.

- Implement buddy systems or mentorship programs.
- Provide resources for employees to support one another.

Work on your own resilience and coping strategies. Life will always have challenges, but we can find ways to manage them.

- Find things that you enjoy doing both in your work and in your personal life.
- Care for yourself with good sleep, nutrition, and movement along with connecting regularly to those you love.

COMMUNITY RESOURCES

Loneliness can be an indicator of other health issues, so connecting with resources and talking to someone are the recommended next steps.

JOIN our new monthly **Group Coaching** sessions designed to expand on health and wellbeing content and how to personalize it in your life – contact wellnessconsultant@bellin.org.



NEED SUPPORT, call or text 988 to talk to someone at the National Suicide and Crisis Lifeline or contact your provider. Reach out to the Bellin Health Lifestyle Medicine team to be connected with community resources, support, and next steps at LifestyleMedicineTeam@bellin.org.

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