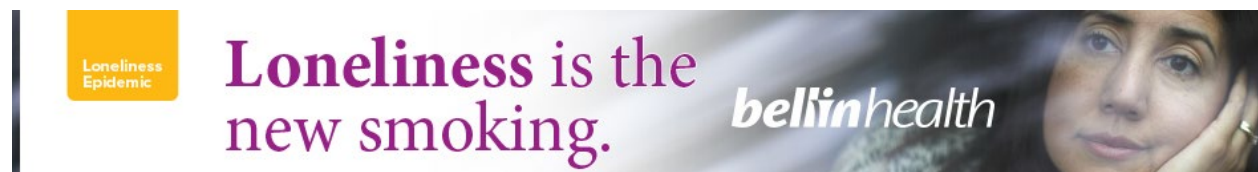


Hi Everyone,

The email below can be shared in its entirety or as a two-part series. Simply forward whatever you like to your colleagues, employees or family members as you find appropriate. We recommend adding in specific health plan benefits, as well. The highlighted **PART 1 and PART 2** are where we recommend separating the content if you wish.



PART 1 Subject of the email "There is a loneliness epidemic – are you a part of it?"

Loneliness is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death. The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day, and even greater than that associated with obesity and physical inactivity. And the harmful consequences of a society that lacks social connection can be felt in our schools, workplaces, and civic organizations, where performance, productivity, and engagement are diminished.

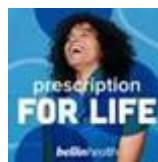
Each of us can start now, in our own lives, by strengthening our connections and relationships. Our individual relationships are an untapped resource—a source of healing hiding in plain sight. They can help us live healthier, more productive, and more fulfilled lives. Answer that phone call from a friend. Make time to share a meal. Listen without the distraction of your phone. Perform an act of service. Express yourself authentically. The keys to human connection are simple, but extraordinarily powerful.

[DOWNLOAD](#) - Monthly Materials

[WATCH HERE](#) for some ideas on how to combat loneliness.

JUST ONE THING: Plan 1 thing each week this month to combat loneliness. Call a friend, check out a new group, write a letter.


PODCAST – Prescription for Life



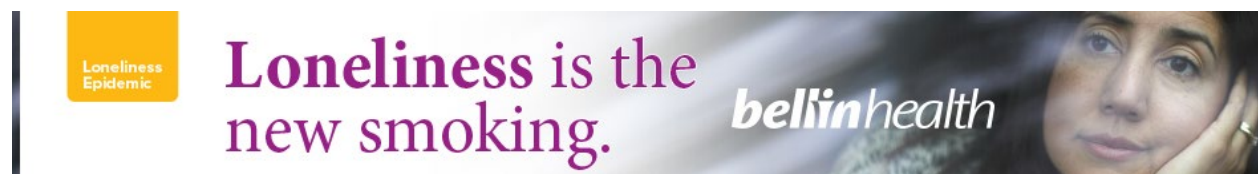
The Prescription for Life Podcast features Bellin Health experts sharing content on improving your health and wellbeing in a variety of ways.

This month, Bellin Health RN Fertility Coordinator, Jane Daelke-Staszak offers up some great information on how Bellin is helping people have the baby they have always wanted. **NOW AVAILABLE IN VIDEO**. Listen and watch on



or  and subscribe, like and share!

PART 2 Subject of the email "You are NOT alone"



During in-person interactions, your body releases hormones that reduce stress and stimulate positive emotional responses. That's why face-to-face contact with friends and family is so integral to maintaining your mental health. Here are some ideas to make sure -you are getting what you need to help keep you connected and healthy.

1. **Keep up with friends and family, no matter how far away they live.** Don't wait for "someday" to visit the people you care about. Plan a road trip or a getaway to stay in touch. You will be so glad you did.
2. **Stop by local events** where you might run into like-minded people, such as concerts, sports events, or open-mic nights. You never know what kind of great people you can meet when checking out someplace new.
3. **Volunteer or help someone.** Run errands for a neighbor in need, such as fetching medications or groceries for a senior, new parent, or someone who's ill. You can build social connections while making life easier for people with physical or mental disabilities or people who simply feel overwhelmed by their daily errands.
4. **Get outside.** Walk around your neighborhood. Taking a different route each day and discovering new places can be a stimulating experience and give you the opportunity to cross paths with new people. Be a tourist in your own neighborhood and explore places you've never been to before or familiar places as if seeing them for the first time.



Listen to our latest [Mental Health Moments](#) webinar, brought to you by the Lifesaver Wellbeing Series. In this segment we chat with Bellin Health Licensed Behavioral Health Therapist, Hannah Bauer, and Community Health Worker in Wrightstown, Melissa Viste. Hannah and Melissa share with us how we can improve the health and wellbeing of our children and our communities by connecting families to resources that can impact their health and wellbeing. Listen now and pass along to others who may benefit from this information. ***ALSO AVAILABLE IN PODCAST FORMAT.*** [LISTEN HERE](#)

Mental Health Moments podcasts are posted bi-monthly, featuring mental health experts from Bellin.