



WHAT'S THE DIFFERENCE?

LONELINESS VS. SOCIAL ISOLATION

WHAT IS LONELINESS?



Loneliness is a feeling or experience that some people might have. It can occur when you don't have as much social interaction as you would like or even after a major life transition - such as divorce, death, a move, or even quarantine due to COVID-19.

WHAT IS SOCIAL ISOLATION?



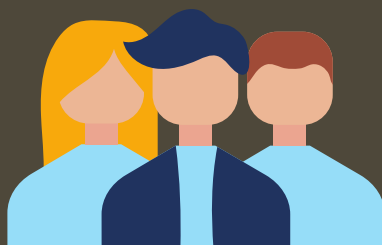
Social isolation is when someone who has little contact with other people on a regular basis.

HOW TO COMBAT LONELINESS AND SOCIAL ISOLATION:



1. FOCUS ON YOUR SENSE OF PURPOSE
2. MAINTAIN YOUR SENSE OF BELONGING
3. CONNECT WITH COMMUNITY GROUPS, FRIENDS, AND FAMILY MEMBERS

Connecting can be difficult during COVID-19, here are some easy ideas: pick up the phone and call your friends, step outside and chat with neighbors, mail a letter, connect via video call, send silly pictures, and try to have fun from afar.



Information compiled by Erin Yelland. Graphic by Chelsi Myer.