



# In touch

## Feeling lonely? You're not alone

### Aetna Resources For Living<sup>SM</sup>

One of the ways people stay happy and upbeat is by interacting with others. Many enjoy being in a busy environment — with people and activity around them. So social distancing can create a real challenge.

Yet social distancing makes sense right now. We're doing it for our own good and for the good of the community and country. It's the responsible thing to do.

#### Being alone can lead to loneliness

It's not news that being alone can lead to loneliness. And loneliness can lead to or worsen depression and anxiety. In fact, socializing and staying connected with others are recommended by mental health experts to help ward off these issues.

#### So what can you do right now?

Here are some recommendations if you're feeling lonely, depressed and/or anxious:

- Stay in touch with friends and family who understand and support you. Talk to them frequently throughout the day to cut down on your feelings of loneliness.

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- **Read this article** to find ways to connect with others virtually and stay active and busy.
- It can help to talk about how you're feeling. If you want to find a counselor or therapist, contact your employee assistance program or insurance provider. A phone or webcam session may be helpful to you.
- If you already see a therapist, contact him or her to discuss your feelings and your treatment plan.

#### Don't hesitate to ask for help

We're all under pressure right now as we try to adapt to our temporary "new normal." If you're feeling blue or upset, reach out to a friend, family member or professional for help dealing in these difficult times.

Try to stay positive and get support. We're all in this together.