Managing Loneliness

Over 1 in 5 adults in the US said they often or always felt lonely or isolated before COVID-19.

Many reported that it negatively impacted their health and well-being:

- Mental health: 58%
- Physical health: 55%
- Personal relationships: 49%
- Ability to do their job: 33%
- Thoughts of self-harm: 31%

What are the risk factors of being lonely?

Factors that decrease loneliness:
- Increased age
- Marriage
- Hobbies
- Good night’s sleep
- Social network size

Factors that increase loneliness:
- Social isolation
- LGBTQ status
- Mental illness diagnosis
- Lower income
- Urban environments

Factors that have little to no affect:
- Education
- Race/Ethnicity
- Gender

Solutions and strategies to combating loneliness

During COVID-19 social restrictions:
- Talk with family and friends regularly
- Utilize social platforms
- Connect virtually
- Check in on elderly or high-risk neighbors

Social interaction is the key to combating loneliness

After COVID-19 guidance:
- Home-visits
- Face to face connections
- Community-based programs
- Get to know your neighbors

View full citation at www.nihcm.org