

THE **ANTIDOTE** TO LONELINESS

Create genuine, close connections with people whom you can be yourself with and share your struggles and successes.



More than half of Americans feel lonely.¹ We tend to underestimate the loneliness of other people, and stigma prevents us from talking about it.

¹Source: Cigna 2020 Loneliness Index

Truly connecting can lower stress, boost endorphins and increase oxytocin.

Pick a moment or two, or pick a person or two...

Increase the quantity of your interactions by:

- Talk to one person at the store or ask one question of someone while you're there
- When you have the urge to text or message someone, do it on the count of five
- Connect to your community by talking to neighbors, sitting outside or volunteering

Increase the quality of your interactions by:

- Listening with a purpose; schedule the time, and be present during the conversation
- Ask questions and seek understanding
- Open up. Share what you like and stories about yourself to build a more genuine connection



For more ways to strengthen your resilience, connect with us at:

@ArmyResilience  