



Feeling Lonely? You Are Not Alone.

Research indicates that the most critical factor in developing resiliency is having strong, supportive relationships, but nearly half of Americans report feeling alone. One study¹ found that: **two in five** Americans sometimes or always feel that their relationships are not meaningful and that they are isolated from others; and **only around half of Americans** have meaningful in-person social interactions, such as having an extended conversation with a friend or spending quality time with family, on a daily basis.

The study also found that people who engage in frequent, meaningful, in-person interactions report feeling lower levels of loneliness and consequently better mental health than those who have less face-to-face interactions.

What can you do to have more meaningful interactions with the people in your life?

- Signal safety and openness by relaxing and opening your posture to show the other person they are truly being heard.
- Letting go of the agenda and spending time following the lead of those you love can be a powerful bonding experience.
- Be curious. Expressing genuine interest in others is a great way to open up a conversation and connect more deeply.
- Take a chance. To really deepen your connection to others, you must be willing to be vulnerable and authentically yourself.

Visit the Each Mind Matters “Small Talk to Real Talk” blog for more ideas [here](#). For resources, social media posts, and activity ideas please visit the Each Mind Matters Mental Health Awareness Month Materials at www.eachmindmatters.org/May2019.

¹ <https://www.multivu.com/players/English/8294451-cigna-us-loneliness-survey/>



Additional Resource:

If you are worried that a friend or loved one may be struggling with something more serious visit www.SuicideisPreventable.org to learn the warning signs of suicide, how to have a conversation, and where to turn for help. If you observe one or more of [these signs](#), especially if the behavior is new, has increased, or seems related to a painful event, loss, or change, step in or speak up.

If you are feeling suicidal (or if you are concerned about someone), there is help available right now. Call the National Suicide Prevention Lifeline at 1-800-273-8255 or text EMM to 741741 for 24/7, confidential, free crisis counseling.

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