



Coping with Loneliness

Loneliness is a national health crisis experienced by one-third of the population across all generations.

Health Effects of Loneliness

You are “hard wired” for close emotional connections. Without them, you can suffer high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, and cognitive decline. Research shows the same negative effects can extend to couples who have grown apart emotionally due to unresolved marital or couple conflicts but who still live under the same roof. You don’t have to live alone to be lonely. Exploring professional counseling to resolve couple conflicts that have lingered for years can be difficult, but reversing the effects on your health is new motivation for doing so.

Source: www.news.uga.edu/marital-conflict-causes-loneliness-health-problems

Helpful Resources

- [Coping with Loneliness](#)
- [Loneliness – CDC How Right Now](#)
- [Loneliness and Social Isolation - Tips for Staying Connected](#)
- [1 in 3 Young Adults Suffers From Loneliness in U.S.*](#)
- [Healthy Connections – 30 Min. Webinar*](#)

We are here for you and your family.

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