

Aging, Loneliness and Your Health

Human beings are naturally social. We seek connections to others.

But as we age, all too often things happen, and we can lose some of our social connections.

Follow this checklist to help you stay connected or reconnect:

Do: Find new places to do the activities you enjoy. Explore the local senior center and sign up for a class. Create new connections or friends.

Do: Volunteer. Libraries, museums, and hospitals are places that frequently embrace volunteers.

Do: Learn a new activity. Try tai chi. Play an instrument. Take up painting. Any new experience helps keep the mind active.

Do: Connect to friends and family in person or with your phone, your tablet, or your computer.

Do: Get a pet. Having a pet, if you don't already, can give you some company and a source of comfort.

Do Not: Avoid trying something new because you are doing it alone. Reach out and make some connections.

Do Not: Be afraid to talk to your healthcare provider if you are feeling lonely or disconnected. They may be able to recommend interesting groups in your community.

Being alone or feeling disconnected can be hard.

Follow some of these tips to reach out and be social. You will be happier, and healthier, for it!