

Beating Loneliness Solutions

Kory Floyd

Social Isolation and Loneliness in Older Adults National Academies of Sciences, Engineering, and Medicine, Division of Behavioral and Social Sciences and Education, Health and Medicine Division, Board on Behavioral, Cognitive, and Sensory Sciences, Board on Health Sciences Policy, Committee on the Health and Medical Dimensions of Social Isolation and Loneliness in Older Adults, 2020-05-14 Social isolation and loneliness are serious yet underappreciated public health risks that affect a significant portion of the older adult population. Approximately one-quarter of community-dwelling Americans aged 65 and older are considered to be socially isolated, and a significant proportion of adults in the United States report feeling lonely. People who are 50 years of age or older are more likely to experience many of the risk factors that can cause or exacerbate social isolation or loneliness, such as living alone, the loss of family or friends, chronic illness, and sensory impairments. Over a life course, social isolation and loneliness may be episodic or chronic, depending upon an individual's circumstances and perceptions. A substantial body of evidence demonstrates that social isolation presents a major risk for premature mortality, comparable to other risk factors such as high blood pressure, smoking, or obesity. As older adults are particularly high-volume and high-frequency users of the health care system, there is an opportunity for health care professionals to identify, prevent, and mitigate the adverse health impacts of social isolation and loneliness in older adults. Social Isolation and Loneliness in Older Adults summarizes the evidence base and explores how social isolation and loneliness affect health and quality of life in adults aged 50 and older, particularly among low income, underserved, and vulnerable populations. This report makes recommendations specifically for clinical settings of health care to identify those who suffer the resultant negative health impacts of social isolation and loneliness and target interventions to improve their social conditions. Social Isolation and Loneliness in Older Adults considers clinical tools and methodologies, better education and training for the health care workforce, and dissemination and implementation that will be important for translating research into practice, especially as the evidence base for effective interventions continues to flourish.

Outsmart Your Smartphone Tchiki Davis, 2019-11-01 Do you have smartphone syndrome? This refreshingly honest how-to guide will help you find balance and build meaningful connections in a screen-obsessed world. Do you spend hours every day on your smartphone or tablet? Reading the news, shopping for clothes, checking your email, and catching up on social media? Do you scroll through blog articles and text with your friends while waiting in line at the DMV or the grocery store, avoiding any chance interactions with actual human beings? If so, you aren't alone. Most of us are stuck on a hedonic treadmill of push-button notifications, friend updates, and text messages. But the real question is—are we happy? And, if not, how can we increase our happiness in the age of tech? Outsmart Your Smartphone is not a book about the evils of technology—it's a road map for achieving happiness using all the tools available to you, including your phone. With this smart and irreverent guide, you'll find seven steps to help you use technology in ways that increase your well-being, and find tips and tricks for overcoming the obstacles that technology creates. You'll also learn to: Reconnect with your values, including kindness and gratitude Find your purpose in life—and then live it Use technology to do good things in the world Be fully present in each moment using mindfulness Our technology crazed, social media-obsessed world does nothing if not make us more self-focused. This book will help you harness the power of that focus and magnify your happiness, for yourself and the greater good. You don't even have to throw out your phone!

The Loneliness Solution Jack Eason, 2020-10-13 Statistics show that, despite our connected world--and partly because of it--we are lonelier than ever. Social media tricks us into thinking that we are engaged in genuine friendships, except we never quite get beyond that feeling of being outside someone else's life and looking in every so often at what they choose to show the world. Instead of intimacy we get little more than what amounts to digital small talk. But there is a solution. With plenty of good humor and practical advice, Jack Eason invites you to discover the benefits of doing life together with other brothers and sisters in Christ. Grounding his message in Scripture, Eason helps you - learn the obstacles to real community - reimagine what real friendship looks like - discover a place of true belonging - and more If you're tired of feeling lonely, this encouraging and community-building book is just what you need.

Friendship in the Age of Loneliness Adam Smiley Poswolsky, 2021-05-04 *NEXT BIG IDEA CLUB SUMMER 2021 NOMINEE* After nearly a year of social distancing and lockdown measures, it's more clear than ever that our friendships and bonds are vital to our health and happiness. This refreshing, positive guide helps you take care of your people and form deep connections in the digital age. We are lonelier than ever. The average American hasn't made a new friend in the last five years. Research has shown that people with close friends are happier, healthier, and live longer than people who lack strong social bonds. But why—when we are seemingly more connected than ever before—can it feel so difficult to keep those bonds alive and well? Why do we spend only four percent of our time with friends? In this warm, inspiring guide, Adam Smiley Poswolsky proposes a new solution for the mounting pressures of modern life: focus on your friendships. Smiley offers practical habits and playful reminders on how to create meaningful connections, make new friends, and deepen relationships. He'll help you develop a healthier relationship with technology, but he'll also encourage you to prioritize real-world experiences, send snail mail, and engage in self-reflective exercises. Written in short, digestible, action-oriented sections, this book reminds us that nurturing old and new friendships is a ritual, a necessity, and one of the most worthwhile things we can do in life.

The Loneliness Cure Kory Floyd, 2015-05 A guide intended to help readers become less lonely--

The Loneliness Epidemic Susan Mettes, 2021-11-30 What makes people lonely? And how can Christian communities better minister to the lonely? In *The Loneliness Epidemic*, behavioral scientist and researcher Susan Mettes explores those questions and more. Guided by current research from Barna Group, Mettes illustrates the profound physical, emotional, and social toll of loneliness in the United States. Surprisingly, her research shows that it is not the oldest Americans but the youngest adults who are loneliest and that social media can actually play a positive role in alleviating loneliness. Mettes highlights the role that belonging, friendship, closeness, and expectations play in preventing it. She also offers meaningful ways the church can minister to lonely people, going far beyond simplistic solutions--like helping them meet new people--to addressing their inner lives and the God who understands them. With practical and highly applicable tips, this book is an invaluable tool for anyone--ministry leaders, parents, friends--trying to help someone who feels alone. Readers will emerge better able to deal with their own loneliness and to help alleviate the loneliness of others. Foreword by Barna Group president David Kinnaman.

The Loneliness Epidemic Oliver Cook, 2023-11-04 We are in the midst of a loneliness epidemic. A crisis that, despite being less visible, is every bit as serious as other global issues facing us today. *The Loneliness Epidemic: Understanding and Overcoming the Modern Crisis of Social Isolation* offers a comprehensive exploration of loneliness, its causes, its impacts, and—most importantly—strategies to overcome it. This book is not just for those dealing with loneliness personally but for anyone invested in understanding the intricacies of human connection and disconnection. *The Loneliness Epidemic* provides the tools to foster a future of connection and emotional well-being and promises more than just an exploration of loneliness - it offers understanding, solutions, and hope. Drawing on the latest research and personal insights, this book shines a light on the interplay between individual, community, and societal loneliness, and every chapter provides actionable advice that readers can apply in their own lives. *The Loneliness Epidemic* will serve as your comprehensive guide to a happier, more fulfilling, and more connected future.

Loneliness as a Way of Life Thomas Dumm, 2010-05-01 “What does it mean to be lonely?” Thomas Dumm asks. His inquiry, documented in this book, takes us beyond social circumstances and into the deeper forces that shape our very existence as modern individuals. The modern individual, Dumm suggests, is fundamentally a lonely self. Through reflections on philosophy, political theory, literature, and tragic drama, he proceeds to illuminate a hidden dimension of the human condition. His book shows how loneliness shapes the contemporary division between public and private, our inability to live with each other honestly and in comity, the estranged forms that our intimate relationships assume, and the weakness of our common bonds. A reading of the relationship between Cordelia and her father in Shakespeare’s *King Lear* points to the most basic dynamic of modern loneliness—how it is a response to the problem of the “missing mother.” Dumm goes on to explore the most important dimensions of lonely experience—Being, Having, Loving, and Grieving. As

the book unfolds, he juxtaposes new interpretations of iconic cultural texts—Moby-Dick, Death of a Salesman, the film Paris, Texas, Emerson’s “Experience,” to name a few—with his own experiences of loneliness, as a son, as a father, and as a grieving husband and widower. Written with deceptive simplicity, Loneliness as a Way of Life is something rare—an intellectual study that is passionately personal. It challenges us, not to overcome our loneliness, but to learn how to re-inhabit it in a better way. To fail to do so, this book reveals, will only intensify the power that it holds over us.

Stop Being Lonely Kira Asatryan,2016-01-15 Loneliness Has an Antidote: The Feeling of Closeness Loneliness isn’t something that happens only when we are physically alone. It can also happen when we are with people. Online friends, followers, or “likers” don’t necessarily add up to much when you crave fulfilling interaction, and satisfying, long-term relationships are not a mystery to be left up to chance (or technology). The good news is that, according to relationship coach Kira Asatryan, loneliness has a reliable antidote: the feeling of closeness. We can and should cultivate closeness in our relationships using the steps outlined in this book: knowing, caring, and mastering closeness. Whether with romantic partners, friends, family members, or business colleagues, these techniques will help you establish true closeness with others. The simple and straightforward actions Asatryan presents in this wonderfully practical book will guide you toward better relationships and less loneliness in all social contexts.

13 Things Mentally Strong People Don't Do Amy Morin,2014-12-23 Kick bad mental habits and toughen yourself up.—Inc. Master your mental strength—revolutionary new strategies that work for everyone from homemakers to soldiers and teachers to CEOs. Everyone knows that regular exercise and weight training lead to physical strength. But how do we strengthen ourselves mentally for the truly tough times? And what should we do when we face these challenges? Or as psychotherapist Amy Morin asks, what should we avoid when we encounter adversity? Through her years counseling others and her own experiences navigating personal loss, Morin realized it is often the habits we cannot break that are holding us back from true success and happiness. Indulging in self-pity, agonizing over things beyond our control, obsessing over past events, resenting the achievements of others, or expecting immediate positive results holds us back. This list of things mentally strong people don't do resonated so much with readers that when it was picked up by Forbes.com it received ten million views. Now, for the first time, Morin expands upon the thirteen things from her viral post and shares her tried-and-true practices for increasing mental strength. Morin writes with searing honesty, incorporating anecdotes from her work as a college psychology instructor and psychotherapist as well as personal stories about how she bolstered her own mental strength when tragedy threatened to consume her. Increasing your mental strength can change your entire attitude. It takes practice and hard work, but with Morin's specific tips, exercises, and troubleshooting advice, it is possible to not only fortify your mental muscle but also drastically improve the quality of your life.

A Practical Guide to Overcoming Loneliness Sally Alter,2022-12-05 Do you struggle with loneliness and feel like you have no one to talk to? Well, you'll never have to feel like that again, thanks to this amazing guide to combat loneliness forever! Research has shown that around 28% of the US adult population (around 14 million people) live by themselves and suffer with some form of loneliness. So, you are not alone if you feel like this. But you don't have to feel this way ever again. This book is the ultimate guide to combatting loneliness and isolation and is perfect for people of all ages. The author of this book is a top-viewed writer on QUORA, with 30 million views to date and is also a Registered Nurse. She has answered well over 4,000 questions on QUORA. This book contains the author's answers to 101 questions from QUORA about loneliness and living a happy life, and is a mix of her personal experiences, self-help, memoir, comforting advice as well as expert information. Reading this book, you'll feel like you're having an informal chat with a friend, thanks to the author's relaxed but informative approach, sharing her own personal stories of dealing with loneliness. The advice in this book is presented in a friendly and sometimes humorous way. You'll also learn the coping mechanisms that are essential to living alone or overcoming feelings of loneliness. This book will cover topics such as: How to combat feelings of loneliness Making friends and getting out more Fatigue and sleep problems Depression and anxiety Increased irritability and stress Increased susceptibility to disease AND MUCH MORE A Practical Guide to Overcoming Loneliness is the essential self-help guide to combat loneliness and isolation. Don't feel alone anymore - take control of your life and replace loneliness with happiness. This book has all the information you'll ever need to live a happy and fulfilling life, without feeling lonely ever again.

The Instant Mood Fix Olivia Remes,2023-04-25 50 simple, science-backed solutions to cope with stress, anxiety, procrastination, and moments of crisis for more balanced mental health. When panic strikes, grab this book. University of Cambridge mental health researcher Dr. Olivia Remes has spent the past decade uncovering the secrets to reducing anxiety, stress, and panic. In this short, no-nonsense book, Dr. Olivia gives you 50 simple, science-based solutions to fight the moods that hold us all back. Targeting everything from overwhelm to indecision and anxiety to lack of motivation, these unexpected tips and tricks will help you relieve the pressure in the short term and experience long-term post-traumatic growth. The essential book for when you're feeling: Indecisive Unmotivated Out of control Stressed Overwhelmed Anxious Lonely Rejected Low Let down Designed to dip in and out of when you need it most, this book will help you tame your worries and reclaim control. No more procrastination, avoiding situations, or blaming yourself. The Instant Mood Fix empowers you to feel calm, confident, and resilient.

Loneliness Elmer Towns,2014-04-01 You were created for relationship, and yet, loneliness can creep into your life like an illness, unwelcome and lingering. Maybe you are facing a period of loneliness right now. You may even feel like you are in a pit of despair with no way out. You are not unusual. Everyone faces loneliness at one time or another, but it is how you deal with...

Thriving After Trauma Shari Botwin,2019-11-08 Thriving After Trauma addresses readers who have experience trauma or loss due to a variety of experience - whether accident, abuse, or injury. Shari Botwin shows readers, through personal stories, how many who have experienced the worst kinds of trauma have managed to move on and thrive beyond their experiences. Often, those who live through trauma come away with feelings of shame, guilt, anger, and despair. These are common, even normal, responses in the immediate aftermath. Left unaddressed, though, those feelings may develop into substance abuse problems, eating disorders, depression, or anxiety. Learning how to move on, to pick up and live life again, takes effort and guidance. Botwin guides readers through the stories of others who have gone on to live fulfilling, happy lives, and provides tips and tools for healing and moving on. Letting go of the shame, guilt, anger and fear associated with tragic events is crucial to reclaiming a full life. Strategies such as, journaling, mindfulness, cognitive-behavioral restructuring, and healthy relationships to aid in recovery are explored and explained, so readers can adopt those strategies that work best for them. It is not the trauma itself that results in so many people developing self-destructive tendencies and life threatening illnesses. It is the lack of having a way to digest and make sense of the trauma-related feelings that can lead one to mental illness, disconnection, and in some cases, even death. Readers will learn how to live with the trauma versus how to get over the trauma, so they can move forward healthfully and mindfully.

Juice Guru Steve Prussack,Julie Prussack,2016-03-21 To reset one's lifestyle there's no better place to start than with juicing.

Overcoming Loneliness David Jeremiah,1983

Of Mice and Men John Steinbeck,1937 Tells a story about the strange relationship of two migrant workers who are able to realize their dreams of an easy life until one of them succumbs to his weakness for soft, helpless creatures and strangles a farmer's wife.

Lost Connections Johann Hari,2020-11-12 THE INTERNATIONAL BESTSELLER: A radically new way of thinking about depression and anxiety 'A book that could actually make us happy' SIMON AMSTELL 'This amazing book will change your life' ELTON JOHN 'One of the most important texts of recent years' BRITISH JOURNAL OF GENERAL PRACTICE 'Brilliant, stimulating, radical' MATT HAIG 'The more people read this book, the better off the world will be' NAOMI KLEIN 'Wonderful' HILLARY CLINTON 'Eye-opening' GUARDIAN 'Brilliant for anyone wanting a better understanding of mental health' ZOE BALL 'A game-changer' DAVINA MCCALL 'Extraordinary' DR MAX PEMBERTON Depression and anxiety are now at epidemic levels. Why? Across the world, scientists have uncovered evidence for nine different causes. Some are in our

biology, but most are in the way we are living today. Lost Connections offers a radical new way of thinking about this crisis. It shows that once we understand the real causes, we can begin to turn to pioneering new solutions – ones that offer real hope.

Staying Well Ron Frazer,2016-07-08 Health for \$1 per DayEven a dollar is too much. Good health can cost nothing. Optimal wellness can not be about expensive pills and tests. It includes fresh air, water, food, balanced exercise, and effective rest. Ideally, there is very little stress.It doesn't sound like your life, does it? You need this book. Dr. Frazer explores hundreds of solutions for busy families that are stressed, and compounding that stress with unhealthy activities and diets. The basic idea is to stop doing the things that are making you sick. That costs nothing. The book was written for Dr. Frazer's daughter who was, and is, a busy mom with a limited budget to care for two growing boys with their own ideas about diet and exercise. This is a reference book that a busy mom can turn to for a quick answer about many health concerns. The small price of this book will save you many dollars in health care costs.

Loneliness John T Cacioppo,William Patrick,2009-07-28 A pioneering neuroscientist reveals the reasons for chronic loneliness--which he defines an unrecognized syndrome--and brings it out of the shadow of its cousin, depression. 12 illustrations.

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