

A brown teddy bear is sitting on a large, dark rock in a forest. The bear has a white muzzle and a brown nose. The background is a blurred green forest.

**ERS**<sub>EAP</sub>

An AllOne Health Company

# Navigating Loneliness and Isolation

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# AGENDA & OBJECTIVES

## What is Loneliness?

- Define the subjective experience

## The Impact of Loneliness

- Review the health consequences of loneliness

## Loneliness Epidemic + COVID-19 Pandemic

- Highlight how the COVID-19 pandemic complicates the existing loneliness epidemic

## Strategies to Increase Connection

- Discover and share ways to increase connectedness

## Resources

- Take a deeper dive into this topic

# What is Loneliness?

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Disconnection  
from  
individuals and  
community

Perceived  
threat

Subjective

# The Impact of Loneliness

Health Impacts

Exacerbates loneliness

Professional consequences

# Pre- COVID-19 Pandemic Loneliness Reports

## Cigna's 2018 Survey Results:

- **Nearly half** of Americans report sometimes or always feeling alone
- **One in four** Americans rarely or never feel as though there are people who really understand them
- **Two in five** Americans sometimes or always feel that their relationships are not meaningful
- **One in five** people report they rarely or never feel close to people or feel like there are people they can talk to
- **Only around half** of Americans have meaningful in-person social interactions

# COVID-19 Pandemic Loneliness Reports

## Those feeling more lonely because of the pandemic

Always or Often Sometimes Never

### Gender



### Generation

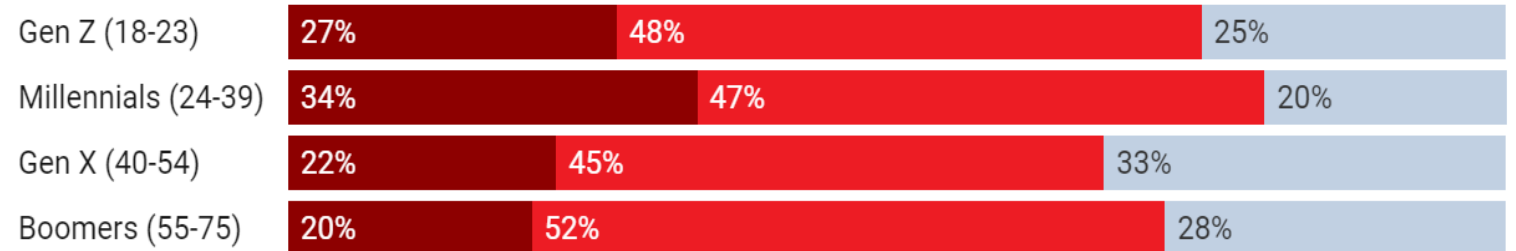


Chart: Emilv Barone/Elijah Wolfson for TIME • Source: [Social Pro](#) • [Get the data](#) • Created with [Datawrapper](#)



# Strategies to Increase Connection

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## At Home:

- Utilize social media and technology strategically
- Join and foster virtual groups
- Be intentional
- Utilize the Assistance Program



# Strategies to Increase Connection

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## At Work:

- Utilize Employee Resource Groups (ERGS)
- Recreate the office experience
- Maintain boundaries
- Utilize the Assistance Program





# Creating The NEW New Normal

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Be intentional about creating what is next

Destigmatize and normalize

Be vulnerable

Double-bottom line

# RESOURCES

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## **BOOKS**

*Together: The Healing Power of Human Connection in a Sometimes Lonely World* by Vivek H. Murthy, MD

*The Lonely Century: How to Restore Human Connection in a World That's Pulling Apart* by Noreena Hertz

*Community: The Structure of Belonging* by Peter Block

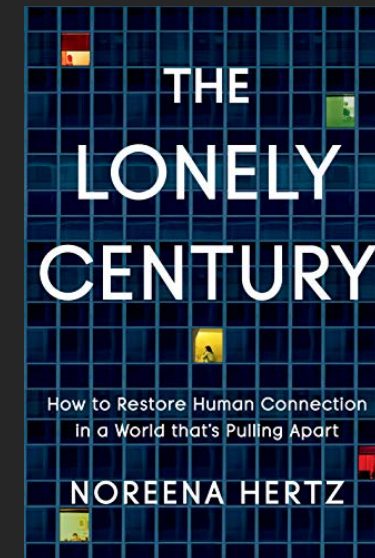
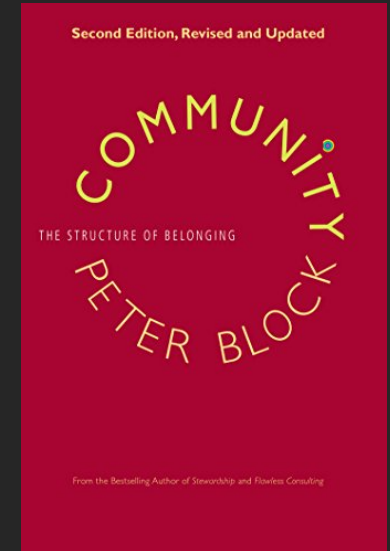
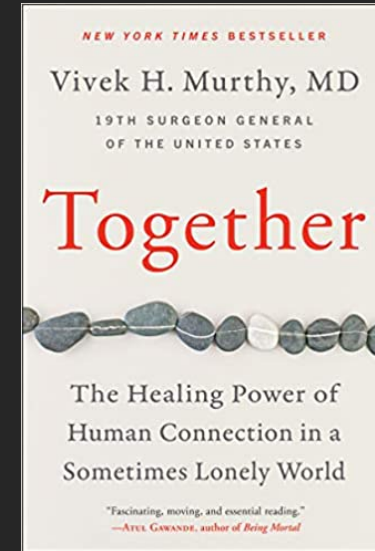
## **RESEARCH**

Cigna Loneliness Study w/ UCLA Loneliness Scale

- <https://www.cigna.com/about-us/newsroom/studies-and-reports/loneliness-epidemic-america>

Julianne Holt-Lunstad, PhD

- <https://julianneholtlunstad.byu.edu/covid-19>





# Questions?

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The AllOne Health logo features a globe with a grid pattern. The text "ALLONE" is in large white letters, with "HEALTH" in smaller white letters below it. A white swoosh underline is under "ALLONE". Below the logo, the text "Family of Assistance Programs" is written in white. To the left of the logo, a list of program names is displayed in white: ERS, REACH, LYTLEAP, EASE@WORK, SANDCREEK, IMPACTSOLUTIONS, ALLPOINTS, and ENCOMPASS.

ERS  
REACH  
LYTLEAP  
EASE@WORK  
SANDCREEK  
IMPACTSOLUTIONS  
ALLPOINTS  
ENCOMPASS

**ALLONE**  
HEALTH

*Family of Assistance Programs*

# Want More?

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To discuss bringing this topic to your department or organization, reach out to your internal Assistance Program administrator or your Account Manager.

We would be happy to discuss options to support you!

