



CONNECT



Feel More Connected & Less Alone

For free and confidential counseling resources,
contact your local ESSP Representative
or

CDRs: Hourly – Carelon Behavioral Health: 800-227-9622
Salaried – Lyra Health: 1-877-207-9822



Many feel isolated even with technology and social media.

Social technologies that may contribute to loneliness include:

- ✓ Email
- ✓ Facebook
- ✓ Online video services like
 - ✓ Zoom
 - ✓ Instant messaging

(American Psychological Association – [The link between loneliness and technology](#)).

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Tips to feel more socially connected in the digital age

Practice Self-kindness:

- Be gentle with yourself during tough times.
- Take walks in nature to boost your mood.

Foster personal connections:

- Contact a friend/family member to check in.
- Schedule a weekly meet-up with someone.
- Limit phone distractions to stay present.

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More tips to feel more socially connected

Rethink your spare time:

- Instead of isolating, reach out to friends, family, and/or community groups.

Engage in community activities:

- Seek activities involving others like sporting events, volunteering, etc.

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Start creating deeper connections with others to boost your mood and help reduce feelings of loneliness.

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