

You and Your Emotions: *Exploring Loneliness*

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In a public statement, U.S. Surgeon General Vivek Murthy wrote, "The mortality impact of being socially disconnected is similar to that caused by smoking up to 15 cigarettes a day, and even greater than that associated with obesity and physical inactivity." (Murthy, 2023, p.4) Murthy has introduced the newest Public Health concern as the Epidemic of Loneliness and Isolation. This presentation will explore the feelings of isolation and how social connections can positively impact individuals experiencing loneliness. We'll discuss why it is that so many experience loneliness and how to address it in our personal and professional lives.

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