5 tips
to fight
loneliness

Loneliness and social isolation are linked to serious health conditions.*

*Centers for Disease Control and Prevention

Loneliness isn't just a mental health concern — it can also affect your physical health. While loneliness is a common problem, there are steps you can take to make you feel more connected:

1. Be open to change.
2. Stay connected to loved ones.
3. Add to your social circle.
4. Give back to your community.
5. Join a social club.

Get more tips and learn more at bcbsm.com/mentalhealth.

For your safety, if you're physically present for any mentioned activity, ensure that you follow recommendations to help prevent the spread of COVID-19, including social distancing and wearing masks.

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