

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.

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

W003821



Brought to you by
**Blue Cross
Blue Shield
Blue Care Network**
of Michigan