



Loneliness During Social Distancing

With increasing numbers of people isolated because of the quarantine and social distancing, COVID-19 is not the only public health threat we should be worried about – loneliness is one as well.

While scientists are rushing to understand how the coronavirus works, researchers have long understood the toll that social isolation and loneliness can take on the body. People who do not feel connected to others are more likely to catch a cold, experience depression, develop heart disease, have lower cognitive function and live a shorter life. In fact, the long-term harm caused by loneliness is similar to smoking or obesity.

For this theme we are providing you with a video that shows some tips for mental wellbeing during lock down and working from home. You can access the video via the link below:

- <https://www.lancs.live/news/lancashire-news/how-cope-loneliness-anxiety-during-18031241>

In addition to the video we also have the following resources available to you:

- <https://www.youtube.com/watch?v=Cjlatwn7dnY>
- <https://blackandmcdonaldhealth.com/wp-content/uploads/2020/04/Social-Apps-Can-Help-You-Keep-Connected-While-in-Quarantine.pdf>
- <https://ca.portal.gs/> - Wellness Together French and English
- <https://blackandmcdonaldhealth.com/wp-content/uploads/2020/04/FR-Composer-avec-le-sentiment-de-solitude.pdf> (French)

Please remember that you are not alone during this time. Reach out to family, friends, co-workers, your supervisor or any leaders within the organization as we are here to help. You can also speak to our EFAP provider:

Access your EFAP 27/7 by phone, web or mobile app:

Canada:

- Call 1-877-847-4525
- Email support@resourcesforyourlife.com
- Visit <http://ca.resourcesforyourlife.com>
COMPANY CODE: BMWeCare
- Download the 'ICONNECT YOU' app from the App Store or Google Play PASSCODE: 149301

United States:

- Call 1-800-466-8282
- Access Code 8282
- Visit www.AlternativesEAP.com
- Download the 'Alternative EAP' app from the App Store or Google Play