

LONELINESS

BBC news quotes, loneliness is the "hidden killer" of elderly people, which is calling for greater recognition of the link between physical or social isolation and ill-health. From numerous researches, psychologists find that human beings have fundamental needs for inclusion in group life and for close relationships. Regardless you are from an individualistic or collectivistic culture; we are truly social animals who need a sense of belonging.

There is such a social implication telling us that everyone "should" learn to accept loneliness and be independent as we become adults. Being independent is a lifelong pursuit, but the danger behind that idea may be more damaging than we think. Loneliness generates awareness of a deficiency of relationships. It fuels us with empty, sad, inadequate, and hopeless feelings. Longing for contact with others may occupy all of your minds. In order to gain control over chronic loneliness, we may then choose to depend on substance, gambling, and sex, and that is where addiction starts.

"Loneliness is a proof that your innate search for connection is intact."

— Martha Beck



Chronic loneliness could easily bring about any number of presenting problems, such as depression, social anxiety, addiction, and hoarding. Physically, it may accelerate high blood pressure, insomnia, obesity, and even it shows links with early onset of Alzheimer's disease.

If you feel like "the loneliness" you experience is long-term or you are concerned by it, reach out to get help. At **Korean Community Center of the East Bay**, we are happy to connect with you and find ways to support your well-being.



Ways to cope with Loneliness

- **Reach Out:** Many of us fear reaching out to others because we may be rejected. Try reaching out today. Connect with an old friend or spend time with animals or plants.
- **Say Yes:** Sometimes when we are lonely, we are used to saying NO to other people and experiences. We feel like we rather stay inside and with ourselves. Practicing saying yes allows our mind to shift its thinking and get out of familiar habits.
- **Be Active:** Whether it's doing an activity you love or trying a new activity, do something you enjoy. Exercise can increase dopamine in the brain to counteract feelings of "loneliness".



Asian Community Wellness Program



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