

# 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](https://bcbsm.com/mentalhealth).**

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