

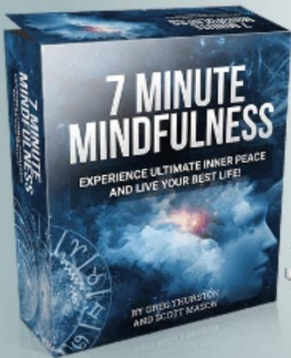


LONELINESS

Myths and Facts



A Personal Invitation



- **LIVE WELL:** like never before with peace and contentment knowing your life will always stay on top no matter what.
- **LEARN QUICKLY:** the secrets of MINDFULNESS and how relaxing your mind and spirit can easily increase your peace and joy.
- **LIBERATE:** yourself to know you can connect with God as you reframe your thinking.
- **LEAVE BEHIND:** your fear of defeat when challenges come your way.

What Keeps You Back?

When we allow ourselves to get stressed and preoccupied with the trials and troubles of life, we have a difficult time connecting with our angels.

When we focus on the now and defeat our worry and anxiety, we are ready to hear, feel and connect with God's messengers, His angels so we can draw closer to the source of strength and real life.

We call this [MINDFULNESS](#)

Click the **Blue Button** For all The Details →



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Introduction

Loneliness, as defined by Merriam-Webster, means the following: being without company; cut off from others; not frequented by human beings; a state of sadness from being alone; and producing a feeling of bleakness and desolation (Merriam-Webster, 2019).

All of those definitions of loneliness combine to describe an existence no one wants to have or an emotion that no one wants to experience. There is a lot of information floating around about loneliness, but how much of that information is fact and how much of that information is fiction?

This report outlines some common myths about loneliness and presents the opposing facts to debunk those myths, once and for all.

Loneliness Myths And Facts

Myth 1: Loneliness Only Has Emotional Impacts

There are numerous negative impacts loneliness can impose on us emotionally. There is evidence that supports the idea that chronic loneliness decreases well-being, increases sadness, and negatively impacts sleep quality (Heinrich & Gullone, 2006).

Chronic loneliness can also perpetuate a cycle whereby people withdraw because they feel lonely and then feel more lonely so they continue to withdraw, therefore they continue to fall deeper into loneliness.

A five-year longitudinal study published in *Psychology and Aging* observed the associations between loneliness and depressive symptoms. The study concluded that a person who felt lonely was at a greater risk of experiencing depressive symptoms a year later.

So, while there are emotional and mental health impacts, that is not where it stops (Cacioppo, Hawkley, & Thisted, 2010).

Fact 1: Loneliness Impacts Physical and Emotional Health

Our physical health can also be significantly impacted by loneliness. When we experience loneliness, our bodies react as though they are under attack. The same physiological stress response (fight or flight) that is activated when we face a threat is triggered when we experience loneliness.

Prolonged periods of loneliness continually trigger this stress response which means increased cortisol levels which then leads to increased vascular resistance. Ultimately this means increased blood pressure and cholesterol which increases