

Loneliness

Loneliness is an unpleasant emotional response to isolation or lack of companionship. It may include feeling anxious about a lack of connectedness to community or others. Loneliness is a universal yet complex human emotion. Even in a room full of people we can feel a lack of connection to others, leading to a feeling of being alone or loneliness. At any given time, approximately 20% of the population is experiencing loneliness.

This state of being lonely can be transient or temporary in nature. Transient loneliness is usually caused by circumstances such as being sick and therefore isolated from others. When the illness is over, social contact resumes thus ending the loneliness.

If you feel lonely whether you are with family or friends or alone, you are experiencing chronic loneliness. No matter what is going on in the surrounding environment, the experience of loneliness is always there. This chronic state, over a period of time, may have a negative impact on both mental and physical health.

If you would like to speak with someone about your situation, we would love to have an opportunity to talk with you. Please email us at care@fairfax.cc. We have resources that could be helpful.