

# DO YOU FEEL ISOLATED?

Social Inclusion prevents  
social isolation and  
feelings of loneliness

**There is a difference between social isolation and loneliness.**  
We can feel socially isolated even if we live with someone else.

**There are things you can do to protect your health and reduce the effects of social isolation.**

Talk to people you trust:  
a friend, family member or neighbor

Ask for help:  
Is there someone who can visit you regularly or help with chores?

Try something new:

- join a group
- sign up for a class
- start a new hobby
- get a pet

Familiarize yourself with technology:  
Get help to learn how to use a computer, tablet, or smart phone

*So you feel isolated and alone*

*Reach out to others on the phone*

*Send someone a note, a card or a poem*

*Open your door and step outside your home*

*The joy tip for today is to breathe in fresh air*

*It will help make your stress disappear!*

*by: Nurse Lorrie*



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[www.skseniorsmechanism.ca](http://www.skseniorsmechanism.ca)

 SASK LOTTERIES