

# 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.

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



Check us out at:  
[www.skseniormechanism.ca](http://www.skseniormechanism.ca)

