



Mental Health Mondays

Social Isolation
Issue 22
12/05/2022



What do we know?

Loneliness and isolation are significantly related to health and well-being.

People with intellectual and developmental disabilities (IDD) are **four times as likely to feel lonely** than people without IDD.

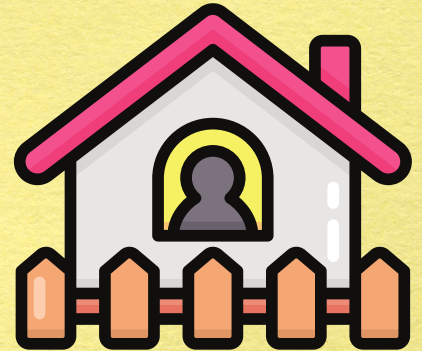
Loneliness and social isolation can lead to anxiety, depression, insomnia, unhealthy eating habits, lack of exercise, increased screen time, heart disease, and more.

Increasing rates of social contact and social support is not enough.

Table 1
Prevalence of exposure to low social connectedness.

	Crude Prevalence (%)	
	With disability	Without disability
Loneliness	17.2%	4.2%
Low perceived social support	15.5%	6.5%
Social isolation	7.1%	4.5%

Data from Emerson et al. (2020).
<https://doi.org/10.1016/j.dhjo.2020.100965>



What helps prevent loneliness and social isolation?

- Having a job helps give people others to talk to, and money to spend in their community. Learn about Department Employment Initiatives by clicking [here](#) and [here](#).
- Transportation helps give a person a way to get around in the community. For resources to help you get from point A to point B, click [here](#).
- Get enough sleep. Try to go to bed and wake up at the same time each day.
- Participate in regular physical activity. Go for a walk, the gym, or play a fitness game.
- Eat healthy. Avoid a lot of junk food or sugar and caffeine.
- Limit screen time, especially right before bed.
- Relax and set aside time for activities that help you recharge (play a game, read a book, watch a movie, take a bath, go for a walk).
- Reduce triggers by sticking to your routine, limiting media, staying busy, and setting priorities.
- Make connections online and in your community.
- Help others like your roommate, co-worker, family, neighbor, etc. with a small, manageable task.

Want to learn more?

Join the next Missouri Open Door Workshop by clicking [here](#) and registering today.

Open Door
Workshop Series

THIS MONTH'S TOPIC AREA:

Resources to Prevent Social Isolation

DECEMBER 14, 2022 | 12:30 p.m. - 1:30 p.m. (CST)

Interested in a specific topic or want to contribute to Mental Health Monday content?

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