The Cost of Loneliness in Retirement

Mental Health · https://community.womensmoneymatters.org/es/resources/the-cost-of-loneliness-in-retirement/

Link:

The Kiplinger article "The Cost of Loneliness in Retirement" discusses the significant impact of loneliness on retirees' health and well-being. It highlights how social isolation can lead to various negative health outcomes, including increased risks of depression, cognitive decline, and physical ailments. The article emphasizes the importance of maintaining social connections and engaging in community activities to combat loneliness. It also suggests practical strategies for retirees to build and nurture relationships, such as joining clubs, volunteering, or taking classes. Overall, the piece underscores that fostering social interactions is crucial for a fulfilling and healthy retirement.