Why Americans are lonelier and its effects on our health

Mental Health · https://community.womensmoneymatters.org/resources/why-americans-are-lonelier-and-its-effects-on-our-health/

Link:

The PBS NewsHour segment explores the rising loneliness among Americans and its significant effects on health. It discusses how social isolation has become a growing issue, particularly exacerbated by the COVID-19 pandemic. Experts highlight the physical and mental health implications of loneliness, including increased risks of heart disease, depression, and cognitive decline. The segment emphasizes the importance of social connections for overall well-being and suggests strategies for fostering community and support to combat loneliness, advocating for both individual and societal efforts to address this pressing concern.