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Loneliness:	-
The Greatest Threat to Mental Health	
We Hardly Ever Talk About	-
Pat Love Ed.D. LMET	
www.patleye.com	
The second secon	
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In fact, many are so disconnected, Harvard Medical School	
	-
	-
*Loneliness-"a very real and little-discussed social	
epidemic with frightening consequences."	
3	

	1
(YouGov) 22 percent of millennials say,	
 They have "no friends" 27% say they have "no close friends" 30% say they have "no best friends" 25% say they have no acquaintances 30% say they feel lonely—the highest percentage of all generations surveyed. 	
John Cacioppo study of US data •Loneliness is clearly on the rise! •25% of people are plagued by frequent loneliness •AARP study: 35% of those age 45 and up report chronic loneliness. (Compared to 20% only 10 years ago) •29% of married people say they are lonely	
We are pretty good at knowing •What makes us happy •What makes us unhappy •But not very good at predicting the intensity and duration of the effect of the events.	
•We can be seriously let down after the fact.	

Prolonged loneliness can be as harmful to you as

- *smoking
- *obesity
- *high blood pressure
- *lack of exercise



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Why the rise in loneliness?

- The way we live
 - Too busy making a live to live
 - Economic pressure
- Stranger danger—bad news travels fast + 24/7 news cycle
- Adaptive patterns from childhood
- Cyberspace versus face-to-face

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Only a few generations ago

- •We spent most of our time outdoors
- Sunlight boosts serotonin
- Prefects SAD
- Regulates the body's internal clock and sleep patterns
- Today we spend 93% of our time inside.

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Tachnology syspanhatas langlings	
Technology exacerbates loneliness	
Pining away in the land of a thousand friends Anthropologists tell us our evolutionary structure limits us	
to 150 meaningful relationships at a time	
Technology hasn't changed this 5 intimate bonds	
• 15 close friends	
• 50 friends you would invite to an important event	
10	
	_
The section of the se	
The virtual world	
•Affordable	
•Accessible	
•Anonymous	
•Addictive	
11	
Internet has created an additional way to	7
cheat in business and bragging	
• Devumi	
 Has collected millions of dollars from the global marketplace 	
By selling followers and retweets to:	
Celebrities Businesses	
Politicians Anyone who wants to appear more popular	
I ATTACLE MITO MALLS TO ADDEST HIGH DODUIST	

Jean Twenge,	Ph.D. professor	of Psychology
San Diego Sta	te University	

- Generation Me: Why Today's Young Americans Are More Confident, Assertive, Entitled—and More Miserable Than Ever Before
- The Narcissism Epidemic: Living in the Age of Entitlement
- iGen: Why Today's Super-Connected Kids Are Growing Up Less Rebellious, More Tolerant, Less Happy -- and Completely Unprepared for Adulthood (August 22, 2017)

iGen: born between 1995 and 2012

- They have more leisure time (less homework, fewer have jobs)
- More time on social media
- Time with friends has dropped 40% between 2000 and 2015
- On the brink of the worst mental-health crisis in decades.
- Direct link to phone use
- Teens with more time than average on screen are more unhappy
- Teens with more time than average on nonscreen activities happier
- All screen activities are linked to less happiness; all nonscreen activities linking to more happiness (even homework)

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iGen data

- Lonely
- Dislocated
- Depressed—heavy users of social media increase depression 27%
- Sports, religious services, volunteer work, hobbies—increase happiness; prevent depression
- Teens who spend 3 hrs a day or more on electronic devices are 35% more likely to have a risk factor for suicide, such as making a plan.

Centers for Disease Control and Prevention

- In 1999 the death rate for children 10-14 from car crashes was quadruple the rate for suicide.
- In 2014 car crashes went down by 58%, but suicide rates were doubled.
- Social media magnifies challenges and insecurities of preteens.
- If something gets said that is hurtful or humiliating, it's not just the child who said it who knows, it is the entire school or class!

iGen date continued

- · Social media exacerbates concern of being left out
- Especially hard on girls
- Boys' depressive symptoms increased 21% from 2012 to 2015
- Girls' depressive symptoms increased by 50%!
- Rise in suicide in girls is pronounced.

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Dire consequences

- Girls are more likely to experience cyberbullying
- Boys tend to bully each other in person
- Girls undermine other girls social status
- Middle and high-school girls:
 - Ostracize
 - Exclude
 - Send hateful messages
 - Death threats
 - Spread lies
 - Pose as the victims and harass others in their names
 - Post humiliating videos of kids they dislike

Cyberbullying—The mean way kids treat each other online

- 20% of teens say their peers are mostly unkind to each other on social networks.
- 24% of teens, young adults say someone has written something about them online that wasn't true.
- 9% say someone has threatened to use electronic communication to tell others private things about them as a form of blackmail.

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What do we mean by connection?

- A deep and enduring emotional bond that transcends time and space,
- AKA: attachment



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What makes attachment difficult?

- We are wired to connect, but also...
- •wired to protect!



Protection is a healthy drive



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Except when it is not ...

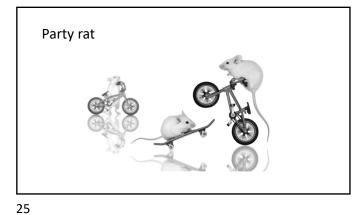




23

Trapped like a rat...





Think of someone who made you feel loved, important, competent or confident.



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Heuristic approach to helping

- heu·ris·tic
- hyoo'ristik/
- adjective: heuristic
- 1. enabling a person to discover or learn something for themselves.
- "a hands-on approach to learning"





Heuristic question #2



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Heuristic question #3



Are in in the ga	me of life?
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Heuristic question #4



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Heuristic question #5



Wire yourself for connection...

