

## Health Effects of Loneliness



Loneliness is a national health crisis experienced by one-third of the population across all generations. You are “hard wired” for close emotional connections. Without them, you can suffer high blood pressure, heart disease, obesity, a weakened immune system, anxiety, depression, and cognitive decline. Research shows the same negative effects can extend to couples who have grown apart emotionally due to unresolved

marital or couple conflicts but who still live under the same roof. You don't have to live alone to be lonely. Exploring professional counseling to resolve couple conflicts that have lingered for years can be difficult, but reversing the effects on your health is new motivation for doing so.

Source: <https://news.uga.edu/marital-conflict-causes-loneliness-health-problems/> and [Cigna.com](https://www.cigna.com) [search “loneliness epidemic”]

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## COVID-19 Prevention Tip: Mouthwash

Washing your hands when you come home from work, school, or the store is strongly recommended to reduce risk of coronavirus infection. But what about adding gargling with a mouthwash? Researchers demonstrated that an extra layer of protection might be afforded by this practice. They found a routine 30-second oral rinse using an over-the-counter antiseptic mouthwash to be 99.99% effective in killing the coronavirus.

Source: [onlinelibrary.wiley.com](https://onlinelibrary.wiley.com) [search “lowering transmission mouthwash”]

## Pandemic Pain and Young People

Teens need peer interaction and emotional validation to grow mentally healthy. So, isolation for teens during the pandemic is difficult. It's not just a drag, it's a risk issue because over one-third of teens periodically have suicidal thoughts. Not knowing when “normal” will return adds to their anxiety. As a parent, trust your gut. If your teenager demonstrates agitated behavior, moodiness, problems with self-motivation, disinterest in school, or is apathetic with unusual sleeping and eating patterns, talk to a professional counselor. A simple assessment may help identify a mental disorder and prevent self-harming behavior or even suicide.

Source: [Rutgers.edu](https://rutgers.edu) [search “teens, pandemic”]

## Helping a Loved One Cope with Chronic Pain

Over 40% of households have a family member who experiences chronic pain. However, when pain experts focus on helping victims, family members are often overlooked. Family members have a powerful role in helping, but they need support. Do you feel helpless not being able to comfort a family member in chronic pain? You are not alone. Frustration, stress, anxiety, depression, anger—and guilt for being angry—are common family experiences. Your household may feel toxic, cycling between conflict, isolation, and the inability to be an effective and willing support for your loved one. Read the insightful handout “Ten Tips for Communicating with a Person Suffering from Chronic Pain” at [www.practicalpainmanagement.com/Handout.pdf](https://www.practicalpainmanagement.com/Handout.pdf). It hits every key point from how their pain affects you to communication, taking care of yourself, what you can do, reading nonverbal cues, and more. Talk with your EAP about your unique situation.

Learn more: <https://www.practicalpainmanagement.com/> [search “family role impact”]