

The logo is a circular emblem with a dark green border. The text "B.C. CONSTRUCTION INDUSTRY" is written along the top inner edge, and "REHABILITATION PLAN" is written along the bottom inner edge. In the center of the circle is a map of British Columbia, with three regions labeled: "B.C.Y.T. —" in the north, "B.T.C." in the west, and "C.L.R.A." in the south.

Loneliness Isolation & Forgottteness

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FIRST:
A CONFESSION!



DEFINITIONS

- ◇ LONELINESS (FORGOTTENESS)
 - ◇ Subjective experience of Emotional Disconnection
 - ◇ Psychological
 - ◇ Feeling of being 'forgotten' by others
- ◇ ALONENESS (ISOLATION)
 - ◇ State of removing oneself from other people
 - ◇ Physical experience



“One is about the **QUANTITY** of relationships and the other is about the **QUALITY** of relationships”



SYSTEMS OF LONELINESS



SOCIAL



EMOTIONAL



FAMILY



ROMANTIC



TYOLOGY OF LONELINESS



SOCIAL



EMOTIONAL

Family
Loneliness
Romantic
Loneliness





ACUTE

Healthy – Evolutionary, ensures the success of our species

We're built to feel loneliness - Motivational drive system



CHRONIC

Maladaptive – prevents success of species

Causes Disease – responsible for biological disease and psychological disorders



CHRONIC LONELINESS & DISEASE

◆ RESEARCH:

- ◆ Twice as likely to develop AD
- ◆ Negative correlation between Loneliness & 'Cognitive Decline'
- ◆ Odds of dying earlier greater
- ◆ 'Reversal Learning Extinction'
- ◆ Poorer IQ
- ◆ Poor memory across varying domains



- ◇ Compromised Immune System
 - ◇ Increased Cortisol
 - ◇ Chronic inflammation
- ◇ Executive Functioning Decline
 - ◇ Less emotional regulation / increased impulsivity
 - ◇ Decreased attention
 - ◇ Less likely to engage in exercise



LONELINESS CONTAGION

- ◆ Pushes people to edge of social networks
- ◆ Loneliness spreads like a virus



CONCLUSION



SHORT-TERM LONELINESS IS A
NATURAL **USEFUL RESPONSE**



CHRONIC LONELINESS IS
HARMFUL TO OUR EMOTIONAL
AND PHYSICAL HEALTH



ITS NEVER **"JUST"** LONELINESS