# Loneliness Isolation & Forgotteness

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### FIRST: A CONFESSION!



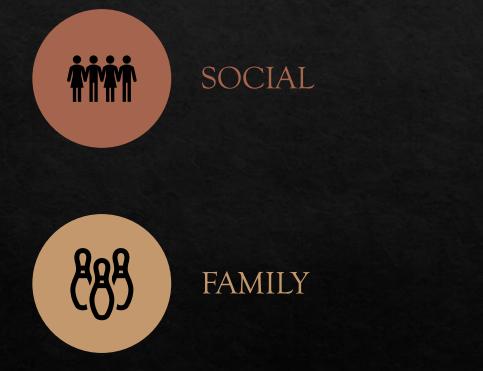
### DEFINITIONS

#### ✤ 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





EMOTIONAL

SS CE



## TYPOLOGY OF LONELINESS







SOCIAL

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

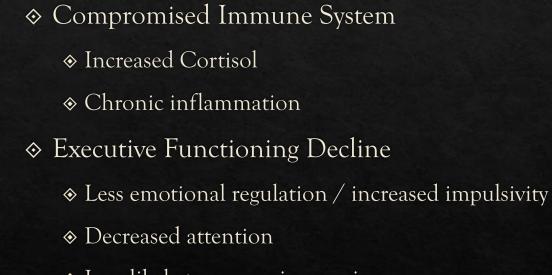
Causes Disease – responsible for biological disease and psychological disorders

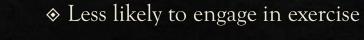


### CHRONIC LONELINESS & DISEASE

#### ♦ 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







## 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

