

How to Avoid Social Isolation



Exercise regularly

Regular exercise releases endorphins, which are “feel good” chemicals in your brain. Exercise may also require you to seek a gym or other fitness facility, which can in turn provide the opportunity to meet new people.



Eat a healthy diet and have weekly meals with friends or family.

diet reduces depression, increases energy levels, and enhances mood. Scheduled meals, especially potluck style, promote fellowship among seniors by increasing activity. Weekly meals are a good way to be social with people you care about.



Learn something new

Learning something new may forge new relationships.



Join in social activities to meet new people

Check out local classes in your community and try a new hobby or craft with others. Volunteering with a community group of interest to you is a great way to participate in something bigger than yourself, and can provide a sense of purpose or belonging. New relationships also hold people accountable for being present at events.



Get a pet (if you can provide appropriate care for it)

Having a pet requires maintaining it, taking trips to the pet store, taking your pet on walks, etc. These activities will allow for social interaction with people of similar interests.

