



Exercise

Just 30 minutes of exercise a day stimulates brain chemicals that may leave you feeling happier.



Make plans

Having something to look forward to can help boost your spirits.



Take a class

Try an exercise class, learn a new skill or audit a class at your local community college.



Join a group

Find a group in your community that centers around an activity or cause you're passionate about.



Volunteer

Nursing homes, soup kitchens, churches and charities need volunteers.



Reach out

Think of someone you know who may be lonely and invite them to grab coffee or take a walk.



Adopt a pet

Owning a pet can decrease depression, stress and anxiety. If adopting a pet isn't realistic, consider fostering one or volunteering at a shelter.



ways to combat loneliness



A UnitedHealthcare Company

Try these tactics to stay connected: