

Let us not under-estimate this problem of "isolation;" it is one that is truly of major consequence to our health and wellbeing.

According to a meta-analysis co-authored by Julianne Holt-Lunstad, PhD, Professor of Psychology and Neuroscience at Brigham Young University, the lack of social connection heightens one's health risks by as much as smoking 15 cigarettes a day or having an alcohol use disorder!

She's also found that loneliness and social isolation are twice as harmful to physical and mental health as obesity (Perspectives on Psychological Science, Vol. 10, No. 2, 2015).

There is robust evidence that social isolation and loneliness significantly increase risk for premature mortality, and the magnitude of the risk exceeds that of many leading health indicators," Holt-Lunstad says.

"So, what are you and I - those with some years on us and/or some existing health concerns - "supposed" to do now? Now that almost no one is wearing masks - except a few of us - and the President has indicated he will end the declarations of national emergency and public health emergency that began in 2020, on May 11, will you and I be altering our behavior? Should we? Will we feel ok to "return to normal," whatever that is?