

Human Connection Over the Holidays

Not everyone breezes through the holiday season without social struggles. Here are some insightful statistics:

- 55% of adults experience sadness and loneliness during the holiday season.
- 26-52% of people said they don't feel like celebrating due to grief or loss
- 3 in 5 Americans feel their mental health is negatively impacted during the holidays
- 68% of Americans expect the holidays to go well; 32% think they won't

For the 85% of adults that do spend time with others, they say that the season creates a sense of togetherness. In addition, kindness pays off. 89% of people felt improvement in how they felt from showing someone else a small act of kindness.

Connection can help prevent negative consequences. It can:

- Improve your ability to recover from stress, anxiety and depression
- Reduce your risk of violent and suicidal behaviors
- Promote healthy eating, physical activity, and a healthier weight
- Improve sleep, and overall quality of life

Find more information on these websites:
onemedical.com
hsph.harvard.edu

Tip: If you're physically or emotionally distant from relatives during the holiday, lean on to those outside your family. Loneliness happens when you feel socially isolated. Connecting with others can have a powerful impact on your mental health.