



**Providence
Health Care**

How you want to be treated.

Loneliness & Isolation Fatigue Self-Care Strategies

Session Description

Human beings are a social species and social connection is a critical component of our health. Without it, impacts are felt across all dimensions of our wellbeing. This is why it is so important for us to practice self-care strategies and to nurture the positive relationships and connections in our lives. This one-hour session will increase participant's awareness and understanding of the psychological impacts of isolation and loneliness while highlighting factors that can promote and preserve their health and well-being.

Registration link:

Link: <https://forms.gle/PVgipYbqeEXGDoZYA> You can sign up to attend live sessions or receive access to the recording, which will be available on the [EFAP page](#) on connect for 1 month after the session.



January 29, 2025
12 pm - 1 pm

Loneliness & Isolation
Fatigue - Self-Care Strategies

Questions? Email wellness@providencehealth.bc.ca