

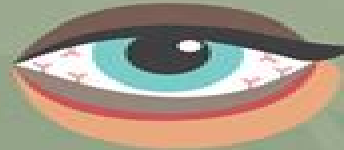
What Loneliness Can Do to Your Body



Weaker immune system



Weight gain



Poor sleep



Poor heart health



More likely to smoke



Less likely to exercise



More likely to be depressed



Your memory and focus feel dim



More likely to misuse drugs/alcohol



Higher blood pressure

The Lonely Sickness

Kathleen Armour



The Lonely Sickness:

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