**On Being Alone**

**Susan Hayman**

**Group Business**

**Chimes/Minute of Silence/Chimes**

**Opening Words**

“I care for myself, the more solitary the more friendless, the more un-sustained I am, the more I will respect myself.“ Charlotte Bronte, Jane Eyre

**Check-in**

**Topic Introduction**

In our society it becomes easier and easier to be alone among our electronic “family”. It is so easy to text or email than to call our loved ones or friends. More and more business transactions take place anonymously over the computer. This is becoming the norm for younger generations. For baby boomers and older it means more and more time being alone. 

Research has linked social isolation and loneliness to higher risks for a variety of physical and mental conditions: [high blood pressure](https://www.nia.nih.gov/health/high-blood-pressure), [heart disease](https://www.nia.nih.gov/health/heart-health-and-aging#heart-disease), [obesity](https://www.nia.nih.gov/health/maintaining-healthy-weight), a weakened immune system, anxiety, [depression](https://www.nia.nih.gov/health/depression-and-older-adults), [cognitive decline](https://www.nia.nih.gov/health/memory-and-thinking-whats-normal-and-whats-not), [Alzheimer’s disease](https://www.nia.nih.gov/health/alzheimers), and even death.

**Questions (without crosstalk)**

* What is it like to be totally alone?
* Do you like being alone or not?
* Can it be good to be alone?
* Can anyone be alone for a long time and be happy?
* Is life always better when it is shared?
* What makes being alone feel ok?
* If you are unhappy with the amount of time you are alone, what are some positive actions you might want to take to change that?

**Open Discussion with crosstalk**

**Closing Words:** “ I would rather sit on a pumpkin and have it all to myself than be crowded on a velvet cushion.” Henry Thoreau

Likes and Wishes

Who’s does the next topic?

Closing chime/ extinguish candle