

Transcript of media clips for Pandemic loosens grip but loneliness epidemic keeps tight grip

Millennial Morgan Hurtado of Bloomington

A friend who moved away for a job isn't making an effort to connect in-person

"I see him a lot on social media just doing things by himself or maybe on Snapchat just sitting at home, watching TV, not really going out and having face-to-face interactions in a large group setting where there, being a metropolitan area, there's plenty of opportunity to do that," she shared. (:24)

Hurtado is vowing to make more of an effort to meet with friends in person

"Something I'm trying in my personal life as sort of an experiment if you will, is to limit my social media interactions or just limit my time as a whole on social media, forcing me to have those in-person interactions more often and maybe leading to new relationships, friendships." (:22)

Cheryl Crowe, OSF HealthCare Behavioral Health Director

Young people are often moving away from families

"We're now a very mobile workforce. Previously the kids who came back home worked and they were by family and they still had their high school friends. That dynamic is fading quite a bit," she suggested. (:12)

Too much time on social media can distort a person's perspective

"When you are on social media, a lot of what you're seeing is not reality. What we post are our best situations, our best self, our best opportunities and often when we look at that, we may not measure up to what our friends are doing or what our acquaintances are doing," according to Crowe. (:20)

Dr. Denise Dechow (pronounced DECK-oh), DO, a psychiatrist at OSF HealthCare

The isolation of the pandemic was particularly hard on nursing home residents who were confined to their rooms for long periods

"Feelings of loneliness can lead to increased risk of depression, anxiety, substance use disorder, aggression, impulsivity and suicidal thoughts." (:12)

Many older Americans suffered from prolonged grief disorder because COVID-19 delayed the traditional rituals around death

"And this has to do with prolonging symptoms of anxiety, depression, sadness and sleep disturbance. What we notice is that we can't *not* participate in these rituals. These are important and must take place, even if it's a year after someone has passed." (:22)