Feeling Lonely? Your Brain May Process the World Differently

December 14, 2023

The U.S. is in the midst of a loneliness epidemic.

For a lot of people, the feeling is even more pronounced during the holidays.

In addition to the emotional impact of chronic loneliness, it has some dramatic health consequences: increased risk of heart disease and stroke, infections, cancer, even death.

Recent research also suggests that loneliness can change the way the brain processes the surrounding world.

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