



You Are Not a Frog Podsheet

Episode 221: Why loneliness can kill, and what to do about it

with Dr Richard Pile

Date

Total CPD hours

EPISODE SUMMARY

Loneliness is a bigger problem than many of us realise, and it's been a rising issue even before COVID. It's not just a feeling of being alone – it's a mismatch between the quality and quantity of relationships we'd like or need, and the ones we actually have. This mismatch can have a big impact on our lives. In fact, it can be as detrimental to our health as cancer.

But there's a way to cultivate quality relationships in our lives and make sure we have the social connections we need. It starts with recognising the importance of these connections and taking active steps to maintain them. This could mean setting aside regular time to spend with friends and family, or seeking out new social opportunities.

Loneliness and isolation can lead to a higher risk of premature death, greater than that posed by smoking, physical inactivity, or obesity. So this discussion with Dr Richard Pile will help you make a plan to spend more time with those who energise you. Because overall, it's the quality of relationships that counts, not just the quantity.



IN THIS EPISODE, YOU'LL:

- Learn about the psychological and physiological impacts of loneliness, including how it can be as detrimental to health as cancer.
- Understand the importance of quality and quantity in relationships, and how they contribute to one's overall wellbeing.
- Discover how to create deep connections and combat loneliness in high-stress professions.

LISTEN

[Beware Your Kindest Colleagues](#)

Episode 212

[Very Nice People and Other Deadly Perils](#)

Episode 56, with Dr Jo Scrivens

WATCH

[Watch the video version on YouTube](#)

Episode 221: Why loneliness can kill, and what to do about it

[The dangers of loneliness](#)

TEDx St Albans – Dr Richard Pile

READ

[Lost Connections: Why You're Depressed and How to Find Hope](#)

by Johann Hari



DO

List three things you have learned from this episode which have had an impact on you

Write down what action(s) you will take as a result of listening

Suggest how these actions will make a difference to you, your colleagues or your patients

Write down how you will know that a positive change has happened - what does good look like?



ADDITIONAL RESOURCES

Download [Get Your Life Back](#) our 60 minute reset for overwhelmed healthcare professionals!

Check out our [Beat Stress & Thrive](#) course for busy healthcare professionals!

Find out more about the [Shapes Toolkit Training programme](#)

Check out more free resources from [You Are Not a Frog](#)

Join our Facebook Group [You Are Not A Frog](#)

HAVE QUESTIONS?

[Email Rachel](#) or reach her on [LinkedIn](#)