

LONELINESS

1. What does loneliness mean for you? Have you ever felt a little/really lonely? Write short answer to all questions..

Watch the video to find the answers:

2. Why was our feeling of loneliness so important in prehistoric times?

3. How has our social network changed throughout history?

4. How many close friends do people have in general nowadays?

5. What are the 5 most common threats to maintaining a close relationship with your friends?

6. How does chronic loneliness affect our body?

7. Which is more deadly? Obesity, smoking or loneliness?

8. Why is loneliness self-sustaining?

9. What can we do about this vicious circle in general?