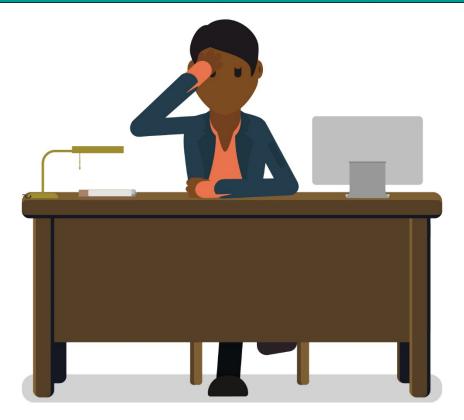
Overcoming Loneliness

- Stick to a schedule
- Use technology to connect
- Be informed but not obsessed
- Practice mindfulness



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