



HOW CAN LONG-TERM HIV SURVIVORS COPE WITH SOCIAL ISOLATION



It's normal to feel depressed, isolated, or rejected. You are not alone.

Here are Ways to Deal with **Isolation and Loneliness**:

Intentional Socializing

Engage in a fun activity shared by others that share one interest with you



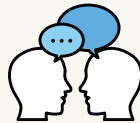
Empathize

Put yourself in someone's else's shoes. You will be able to connect with others.



Contact Others

Contact someone else and make. Motivate yourself to make a virtual date.
See how good you feel after this event.



Today: Challenge yourself to reach out to one other long-term survivor. Acknowledge their epic story.



**SOURCE: DR. JILL GOVER, BEHAVIORAL HEALTH MANAGER
CREATED BY: UCR HIV AND AGING TEAM**

