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Winter and staying connected

Winter can be a difficult time for many adults. Shorter days, colder weather, and fewer chances to see friends or family can increase feelings of loneliness or social isolation. These feelings are common in winter and can affect anyone, even people who usually feel well supported.

Social isolation is not just about being alone. It can affect mental and physical health. Research in Canada shows that loneliness is linked to low mood, anxiety, sleep problems, and poorer overall health. Over time, feeling disconnected from others can also affect motivation, energy levels, and quality of life.



Staying socially connected is an important part of staying healthy. Even small actions can help. This may include calling or texting a friend, planning regular check ins with family, joining a community or interest group, or keeping a daily routine that includes meaningful activities. Some people find that volunteering or helping others also improves their sense of connection.

If winter makes it harder to stay connected in person, phone calls, video chats, or online groups can be helpful alternatives. Many people experience loneliness at some point, and support is available.

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information, [click
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