

THE WORLD IN 30 MINUTES

ESCAPING LONELINESS

30' (GER)

More and more people suffer from loneliness and the consequences can be devastating. How can we prevent this?

Renate is in her mid-60s, lives alone, and feels lonely since her partner unexpectedly passed away a few years ago. A condition she can hardly bear. According to studies, loneliness reduces our life expectancy more than overweight or smoking. There are factors in life that can make loneliness a common and reoccurring theme. However, there are ways to prevent loneliness from even developing in the first place. The tabooing of the subject and the shame of those affected, however, often prevent the right actions.

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