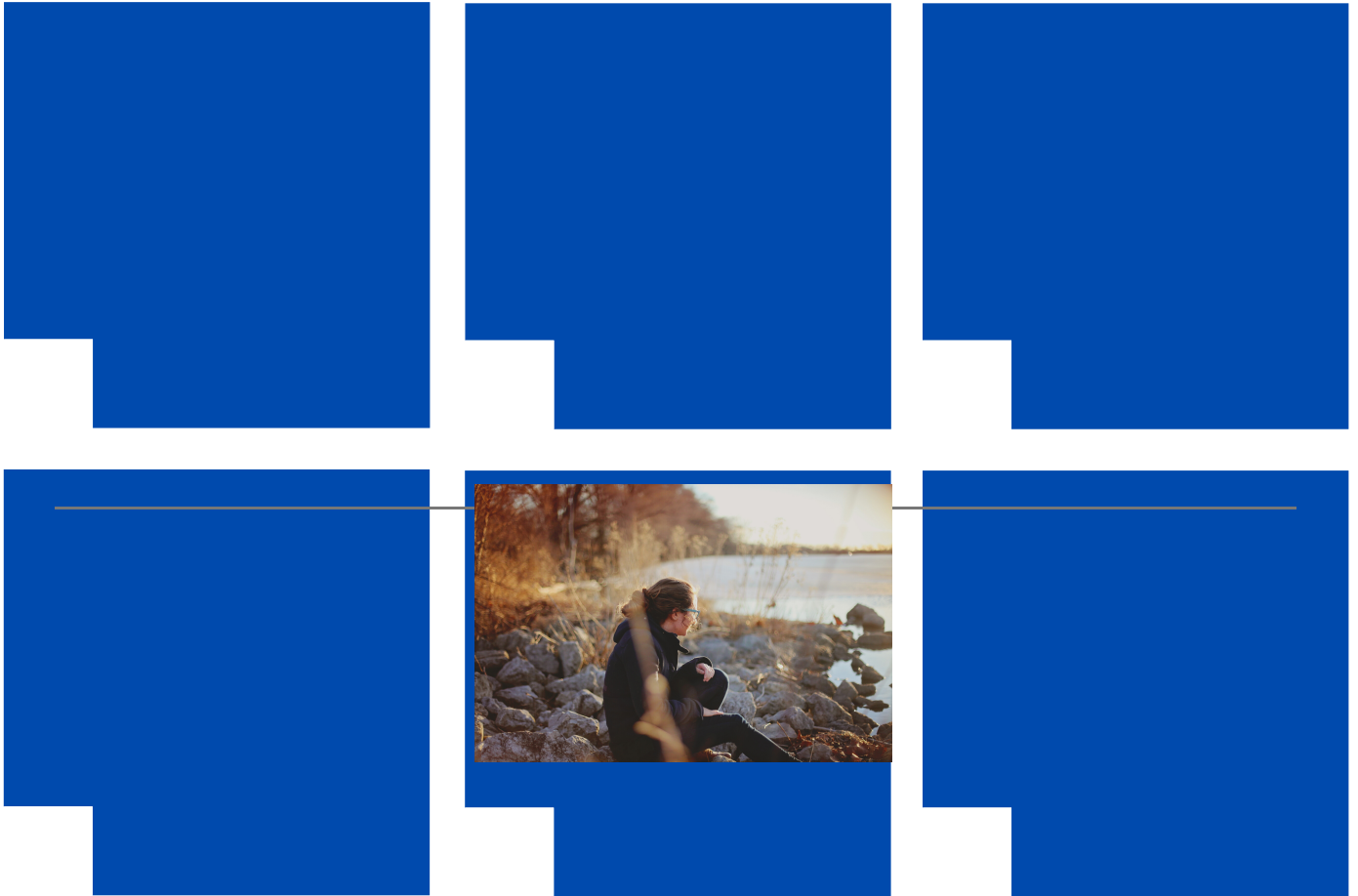


a few notes

Topic: Loneliness



Daily Envision Employee Check-in Hosted by Dr. Stefanie Simmons

In today's employee check in, Naomi Zikmund-Fisher shares advice about loneliness. Loneliness isn't about being alone, it's about lack of attachment and connection. When you look at it this way, new possibilities open up. Loneliness is the natural feeling that comes from not feeling seen, heard and valued. The solution to loneliness is to experience a sense that we are valuable. If you have to be alone, you are still valuable and don't have to be lonely. Your best weapon against loneliness is you. Take time to build yourself up and enjoy your own company.

Click here for another [Source](#)