

00;00;00;00 - 00;00;28;13

Cale

Welcome to Grin + Bare It. A show that uncovers the remarkable stories from one of the most demanding industries in the world - Healthcare. From inventors and trailblazers to frontline workers and scientific experts, we explore the biggest challenges faced in health care and how these brilliant people have solved them. I'm your host, Cale Donovan, an award-winning entrepreneur and co-founder of Bare, one of Australia's largest end of life providers.

00;00;28;15 - 00;00;54;19

Cale

Today's episode is about loneliness. Loneliness has been linked to premature death, along with an array of physical and mental health issues. The World Health Organization has declared loneliness to be a pressing global health threat, and a US surgeon general recently said that its mortality effects are the equivalent to smoking 15 cigars a day. Now, in Australia, almost 1 in 3 feel lonely and more than 1 in 6 people report severe loneliness.

00;00;54;21 - 00;01;17;14

Cale

People who experience loneliness are twice as likely to have chronic disease, almost five times more likely to be depressed and around four times more likely to have social anxiety. So it's fair to say this is an epidemic in Australia and one of our most pressing public health issues. To learn more, I'm speaking with Michelle Lim, the CEO and scientific chair of Ending Loneliness Together.

00;01;17;17 - 00;01;45;06

Cale

Michelle is one of the world's leading experts in loneliness and is responsible for the seminal paper, The Australian Loneliness Report, which was published in 2018. She also led the development of the national strategy for loneliness and social isolation in Australia. In 2020, Michelle's ambitions went global when she co-founded the Global Initiative on Loneliness and Connection, an international coalition of organisations across 12 countries committed to ending loneliness.

00;01;45;13 - 00;02;10;03

Cale

A clinical psychologist by trade, Michelle is passionate about reforming human connection and is aiming to harness social media and other technology for improving our relationships rather than hindering them. In this episode, we cover how loneliness is different from isolation, what you can do to help yourself or others in moments of loneliness, and how we can count loneliness in an ever increasing digital world.

00;02;10;06 - 00;02;17;05

Cale

It's such an important topic. I hope you enjoy the episode.

00;02;17;08 - 00;02;39;06

Cale

So on today's pod, we have Michelle Lim and Michelle, we're so excited to have you on. Thanks for joining.

Michelle

Thanks for having me.

Cale

Hi. I've got a question for leftfield, I guess. We're going to talk about loneliness tonight. But I do have a specific question, which is I'm often sitting in groups of people, so I'm surrounded by people not isolated in any way, but can feel lonely. I felt lonely at times, can you tell me why that is?

00;02;39;09 - 00;02;59;21

Michelle

Yeah, that's a very good question to start off. And I think really it boils back down to what loneliness is and also what social isolation is, which is something different than sometimes it's used interchangeably. So loneliness is very much a subjective feeling that comes up for you. That's a distressing and aversive feeling that comes up when you feel your social relationships do not meet your social needs.

00;02;59;21 - 00;03;28;10

Michelle

It's very different to having people around you. So that's sometimes what we refer to as social isolation, which is the number of people that are around you, then of contact you have, the number of roles you have, whether you are working in organisations or working from home, it's easier for us to know if you are socially isolated as opposed to feeling lonely.

00;03;28;17 - 00;03;53;14

Michelle

So what you described there Cale was very much that you can be lonely in a group, and that's absolutely a very common experience. It's not unusual for us to hear that, but you can also be by yourself and have no contact and absolutely living in a solitary kind of lifestyle, but do not feel lonely at all. So you do not feel like you need those social, meaningful social connections for you to thrive and flourish. So people are very different in general, but what you describe is a pretty common phenomena.

00;03;55;17 - 00;04;17;23

Cale

Good to know I'm not alone there. Before we jump in ending loneliness together, I did want to almost take a step back into your background, and it's a really interesting topic. Obviously, it's

getting to the level of epidemic, I would say. What prompted you to dedicate yourself to solving loneliness, and do you ever get lonely, by the way?

00;04;17;25 - 00;04;37;29

Michelle

Well, several things kind of happened, but I'll probably start with just normalising loneliness. First of all, for people who are listening and viewing this, all of us should feel lonely. So if you don't feel lonely, you're not human. So I think just kind of making sure that we all understand that loneliness itself is not a pathological feeling.

00;04;38;06 - 00;04;58;28

Michelle

It is very innate to your system. It's very similar to if you feel hungry or thirsty, you have to feel lonely because it actually is a mechanism in our bodies to prompt you to do something different about your relationships. And we know that humans are social, so we are reliant on others to actually thrive and flourish as communities.

00;04;58;28 - 00;05;18;08

Michelle

And this is probably why we've evolved and actually been quite the successful species. As a clinical psychologist, I was working in this field probably for the last 20 years, and as a young graduate, I remember studying in mental health service over here in Melbourne, Victoria, and I was watching working at a kind of a high need service

00;05;18;08 - 00;05;41;03

Michelle

So in that the people that we saw were trying to help, we would see probably about 2 to 3 times a day. Sometimes because they are not well, they are actually quite they are not doing as well as they could be. Often they are living in either group homes, or perhaps women with elderly parent and services would go and see this group, sometimes twice a day for medication purposes.

00;05;41;06 - 00;06;06;14

Michelle

As a psychologist, I would go in there to have a chat with them, to check in with them, to make sure that all is well. But despite having a high level of contact and living of other people, this group of a very vulnerable community still complains of loneliness. And what really occurs to me, even as a young psychologist, is that what I was doing has its benefits

00;06;06;14 - 00;06;38;29

Michelle

But our care industry isn't really catered to foster meaningful social connection. I couldn't return or reciprocate many of the requests that people I was trying to help really needed. So they wanted friends. They wanted people in the community to reach out to them, to connect in a way

that doesn't have those one-sided kind of approach. And I couldn't cater to that because, of course, as a psychologist, you're very much governed by a particular set of professional behaviours.

00;06;39;02 - 00;07;03;18

Michelle

That would be very much frowned upon if I called them after hours. I just could not provide any of that. So I went on to do PhD around social relationships in people who had serious mental illness. And really from there, [I] went to the US to do a postdoctoral research fellowship to further my training. And while I was there, I experienced intense levels of loneliness.

00;07;03;21 - 00;07;33;15

Michelle

You know, being plucked up from Melbourne, which I saw was very much my community and where my friends were. I kind of pop right in the middle of the Midwest of the US, where I don't know anyone other than the place. And whilst I was at probably one of the top universities in the US and very prestigious, you know, kind of position, which was to really go to advance my career, all this good stuff was happening, but at the same time, I could feel myself being so disconnected from my friends.

00;07;33;15 - 00;07;56;23

Michelle

And I remember one incident when a tornado was coming through where I lived. Sadly, this is – we live in Tornado Alley. and I was Skyping with one of my best friends and the whole connection just broke. Because you know this-

00;07;56;23 - 00;07;57;10

Cale

it's a tornado. Yeah. Yeah.

00;07;57;10 - 00;07;58;23

Michelle

And I remember just bursting up crying because that connection was cut.

00;07;58;23 - 00;08;20;07

Michelle

And I really needed my friend there. And I made the effort. Really, in the two years that I live in the US, to actually go out there to my community and really make meaningful connections. And I was lucky. I had the resources, I had the language I was able to in language, as it wasn't that I was speaking a different language into the community that I was.

00;08;20;07 - 00;08;45;15

Michelle

I was living in and made actually the best friends that I've made and still have these friendships. It has been more than ten years since I left the US, but still have these friendships because I made the effort and I made sure that I didn't feel disconnected from my community. But that took a lot of effort. So thinking about people and loneliness, I think it's very normal for all of us to feel lonely at some point.

00;08;45;15 - 00;08;48;01

Michelle

And I will not discount the fact that I could be lonely down the track as well.

00;08;48;01 - 00;09;10;01

Cale

It leads to another question, which I had. Do you think at times, or at any stage in a person's life, it's important to feel lonely? Like is there a growth within loneliness as you experience it?

00;09;10;03 - 00;09;33;12

Michelle

That's a very smart question actually, actually, because it is something that has to prompt us and to motivate us to do something different. And in fact, that's really one of the biggest supporting theories of loneliness is aversive. But it's meant to actually get you going. It is meant for you to revise your relationships, think about what you need, who to go to, where can you get those things from? But often what's happening at the moment is that we're also battling and now society is stigma of loneliness.

00;09;33;15 - 00;09;50;02

Michelle

We see it as something strange that's happening to us, or that we shouldn't feel that way because we have people around us or we're living in the city. So you know so much to do. Why should you be lonely? Or you have a family or you're married? Why should you be lonely? We don't give ourselves the permission to feel lonely.

00;09;50;05 - 00;10;19;25

Michelle

And we know from the state of the nation report that I did in 2023, late last year, that around 50% of people who feel lonely tried to actively conceal it, so they are actually really ashamed of it. They think that loneliness is something that they can't talk to anybody about, and they need to hide it. And that's where the problem is, is that the moment we deny something that's very intrinsic and innate to our nature, that's where we get health problems.

00;10;19;25 - 00;10; 35;17

Michelle

It's like very similar to you're hungry and you're not eating or you're hungry and you're overeating or you're thirsty and you're just not drinking at all, or you're drinking the wrong things. I think this is about feeling lonely and then responding accordingly.

00;10;35;17 - 00;10;52;09

Cale

Yeah, I mean, I think there's also like at an esoteric level, that when you're feeling like you're not being authentic to your true self, you know, that sort of tension that you live with consistently, you hide certain things or you do other things which can also display in sort of health problems ultimately, or just other things that turn up.

00;10;52;10 - 00;11;13;10

Cale

So it sounds very similar to that. You've done a ton of research on this, and so I'm interested in beyond making people feel better or maybe exposing to people that something needs to change by virtue of feeling lonely. Why is loneliness as a sort of social construct or an individual sort of experience worth solving? Is there a societal impact?

00;11;13;13 - 00;11;49;01

Cale

Is there economic impact? Other other positive impacts to really aiming for this because I know you and the team were aiming to halve it, halve loneliness by 2030. I would love to know what you think the impact of doing that will be.

Michelle

Yeah. So when we talk about ending loneliness, what we're talking about is ending kind of frantic, problematic levels of loneliness where we know that if you are lonely, there are a diverse range of negative impacts on our health, all the way from the way we regulate our blood pressure to our cardiovascular health, type two diabetes, all the way down to our mental health.

00;11;49;03 - 00;12;19;17

Michelle

There is an economic case. We do know now that people who are lonely are more likely to be absent from work of like what we show presenteeism, which is just as bad as absenteeism because you're actually going to work impaired they actually, more likely to leave organisations and it harder to stay there, less creative and less cooperative. And that kind of is quite normal in that someone who is lonely is very much trying to protect themselves from rejection, even though they want to connect.

00;12;19;22 - 00;12;42;19

Michelle

They're quite insular in some way. They're trying to make sure that no harm comes to them unconsciously. I think that because loneliness is quite a highly prevalent problem, but there are

kind of more persistent issues other than the ones that we're trying to combat. It is also what we call a wicked problem. It's not that easy to resolve despite being common.

00;12;42;21 - 00;13;04;02

Michelle

And I think that because meaningful social connection or being connected to others is pervasive across everything that we do, the way we live, the way we work, and the way we educate our children. It's one of those things where, yes, all of us can make a difference in a grassroots sense, but we can all take action to do something ourselves.

00;13;04;07 - 00;13;31;22

Michelle

But there are things that are very difficult to change, like macro factors, policies that govern the way we work, live and play. Our ability to get from point A to point B quickly, you know, in terms of accessibility and to be able to be amongst people, it's normal to feel lonely. But what's not helpful is we stay lonely because of these large factors that influence the way we live without very much that are not often within our control.

00;13;31;26 - 00;13;56;09

Cale

Yeah, you mentioned children there specifically, and you know, you've previously referenced so many studies have on so it's the 1 in 4 people or experience loneliness that's problematic. Are there any cohorts that you see a larger incidence of loneliness and sort of do you have any understanding of as to why that is?

Michelle

Yeah, I'll refer probably to the Young Australian on a survey I did in 2019.

00;13;56;09 - 00;14;22;23

Michelle

So this was before Covid and we found actually that 12 to 17 year olds were a little bit much better off. They were actually less lonely and significantly less lonely than the 18 to 25 year olds, which was really something. This blows my mind because I was. This blows my mind because I was expecting the opposite. I was thinking younger, more vulnerable. But, you know, perhaps when we kind of look at the data, what we did notice was that the 12 to 17 year olds still very much have parental support,

00;14;22;24 - 00;14;46;15

Michelle

They were still mostly living at home. Yes, some of them were working, but nowhere like the 18 to 25 year olds. And I think when you finish high school, there's this expectation that you're going to make it on your own, but also you no longer have the safety of both your parents, but also of schools. You think about how we relate to others and the environment that we fostered.

00;14;46;18 - 00;15;06;25

Michelle

Many of the school relationships is very much we all go to school, you know, certain periods in our life, and it's the same all the time. And you get the social opportunities, interact. Yeah. And you leave that environment and you start thinking about those who go to university or perhaps future, you know, employment or vocational training. You don't have that structure anymore.

00;15;06;26 - 00;15;28;21

Michelle

You're very much on your own, and it's about you making the effort to do those things. At the same time, you're trying to manage your existing relationships, perhaps from high school and then trying to make new ones, and perhaps having to interact with people who are not really of your same age. So you're really at that social transition where you're like, I need to find myself as a person, how I relate to this world.

00;15;28;24 - 00;15;53;25

Michelle

I need to navigate new friendships, trying to hold on to the old ones. And it can be quite stressful for a young adult trying to navigate that scene.

Cale

It can be stressful for any adult, I think when I even when I reflect on the moving to a new neighbourhood or a new city or changing jobs, even, you know how familiarity with the people around you and sort of, you know, again, you've got this shared common sort of experience, really has this loneliness.

00;15;53;25 - 00;16;15;02

Cale

And so, yeah, I can say as a young person, you know, equipped at all, you know, found yourself, but also just generally in life changes, it can present as a new lonely time that you have to reconfigure. Super interesting. So Michelle, on the pod, it's really important that sort of listeners take away some practical advice. And so I want to ask you, from the point of view of a couple of different people.

00;16;15;02 - 00;16;37;14

Cale

The first is folks who are supporting people who they obviously observe are lonely. Like you said, any piece of advice you can provide them and secondary is people who are actually currently experiencing loneliness themselves. So there's some real critical things that those two people can do to maybe help them along a little bit.

Michelle

Yeah, yeah. So let's start with the first group.



00;16;37;14 - 00;17;06;19

Michelle

I think that many of us have probably seen loneliness in the people that we love and care about. And in this case, I think what's really, really important, and this is what we have heard from others who actually do need the help, is that we need to be really respectful to have this conversation. And when I say that is that we always well-intended and want to help, but our experience of loneliness might be very different from the other person and not really assume that we know best, and that what will work for me will work for you.

00;17;06;20 - 00;17;29;06

Michelle

Again, loneliness is very subjective and sometimes people don't need a reason or specific reason to feel lonely. And that's okay. And so perhaps don't say things like, you know, you shouldn't feel lonely. You know, you've got people around you and kind of recreating those misconceptions which you're really trying to reduce. And so, you know, there's lots of helpful tips that you can start that conversation.

00;17;29;06 - 00;17;49;18

Michelle

You can find that in Loneliness Awareness Weeks, we have a website where you can start having those conversations and following those kind of general guidelines that will help the conversation flow a little bit better. For the people who are lonely, which includes at some point, you and I is at any point where we do start to feel this way.

00;17;49;21 - 00;18;19;08

Michelle

It is okay to feel lonely and it's okay to ask for help, and you don't have to necessarily do it in a way that perhaps makes you uncomfortable. There are ways of asking for connection more clearly, but that you want to connect because simply because it is important to connect it. It's really critical for us to seek the help that we meet early, as opposed to kind of, you know, neglecting ourselves and trying to ignore the issue.

00;18;19;09 - 00;18;39;24

Michelle

Because I think what happens with, like most problems is that when we do ignore something, it becomes then [the] problem. So asking for time to connect, not making excuses and not feeling like a burden is one step and you are not a burden. And you know, being able to ask for the connection is part of being a human.

00;18;39;26 - 00;19;07;11

Michelle

So for the person who feels lonely, to feel like they can own that feeling, but also then seek the help that they need and that they deserve.

Cale

You know, it's it's interesting because it always becomes a little counterintuitive that people think, oh, I don't want to put a burden on someone else. I don't want to ask them for help. When often the person who you intended on asking is feeling the exact same way in reverse, which is, I don't quite know how to engage this person.

00;19;07;14 - 00;19;29;06

Cale

And so there is that it's known by whether it's a problem or sort of some relationship is sort of known, but neither party is able to sort of bridge the gap here. And so I find it really interesting. That which is the obvious answer is reach out. But there's still that friction for people. Do you know what that is, particularly from a loneliness setting, why people really struggle with that?

00;19;29;09 - 00;19;58;09

Michelle

We need to start from addressing the shame and the stigma around this issue. You know, we need to have healthy conversations about it, not shy away from these conversations, not shy away from the word loneliness. In fact, you know, my dream is that when I say lonely, it is, It's meant to trigger something positive and inviting and warm, as opposed to something that, oh man, I don't want to kind of hang out then because just, you know, you gonna ask too much of me or give.

00;19;58;12 - 00;20;21;18

Michelle

That it should prompt in the other person an invitation to connect and feel good about that conversation. We need to start somewhere. You know, talking about it here is, is a step towards actually getting to a future and to build a society where meaningful social connection is very much baked into everything that we do. And I shouldn't have to be talking about this in about 20 years.

00;20;21;20 - 00;20;48;21

Michelle

You know, we should be having this conversation where we all do a bit to actually make this world a better place, and in a much more socially connected place where we don't feel shame and we can ask for the support when we need it.

Cale

I love that concept of taking the position that loneliness can be positive, which is again, it's just something that is triggering in you to get out and reassess or reestablish or make new relationships there.

00;20;48;23 - 00;21;07;21

Cale

And saying you're lonely is actually really positive, saying it's sort of identifying it and being [able to] articulate it well. I think that's a great way to look at it. Like, yeah, sort of touch on what the future of relationships look like, you talk about in 20 years, you don't need to be talking about this subject. I'd love to hear what your thoughts on what that could look like.

00;21;07;21 - 00;21;30;11

Cale

And then any trends that we're seeing that are working towards that, that are positive.

Michelle

Yeah. My wish I think for, for this world and this society that we are in right now is that we move towards things that help us foster meaningful social connection and step away from the things that are easy for us to opt out. We're opting out of things that that make our world a lot, a lot more fractured.

00;21;30;11 - 00;21;54;21

Cale

What are examples of those?

Michelle

Well, you know, texting instead of calling because it's so easy to text, it's much easier to message someone they're supposed to picking up the phone. And young people these days don't typically pick up the phone anymore, because that's not the way they were raised. But, you know, how do we build a world in which we have excuses to talk to people and have excuses to interact that we don't have?

00;21;54;24 - 00;22;14;29

Michelle

You know that? Yes, sure, we can do the self-checkout at Coles, but perhaps we could actually speak to someone. You know, that. How do we kind of stop moving? That actually means that we have to interact in some way. And that's my wish, is that you need to think if we are feeling this way and we're feeling lonely, we need to do something about it and we need to actually address it.

00;22;14;29 - 00;22;38;03

Michelle

We need to, to demand that we live in a world that's actually helping us have those meaningful social interactions.

Cale

That sounds fantastic. And I'm wondering because when I think about the tide of what's currently happening, where we're moving into increasingly more of the digital world than physical world, where, say, to build tools in and around to addressing loneliness. But they're synthetic.

00;22;38;03 - 00;23;01;21

Cale

They don't actually promote human to human interaction. In many ways, it feels like it's that wish, Michelle, is kind of counter to a lot of the certainly the technological and really social trends that are happening. Like, is that merely a wish or are you seeing things which are sort of a sparks of, no, we can get there and we will get there if we do, you know, certain things.

00;23;01;23 - 00;23;29;17

Michelle

Absolutely. For social media and for digital tools, what I think we can do, though, is to use them as transitional tools to help us then foster real life interactions in different ways, perhaps using it as a positive too, as opposed to an avoidance tool. And I think that may require us to not just be more aware, but to, to teach our children how to use it in a more savvy way, in a more nuanced way, and to not bypass the real human interaction if we need to.

00;23;29;21 - 00;24;08;07

Michelle

And I know digital forms of communications do save time, do save money. So it's having that balance in which we can still feel meaningfully connected at the same time in other parts of our lives, being able to have the complexity to be would have different roles in which we can have that meaningful social interactions as well. So whether it's to your neighbours and having a kind of a stronger relationship, your neighbours and your community all the way down to your workplace or your schools, you know, how do we weave it in such a way that we will have these connections, despite all this noise going around us that, you know, we can use it

00;24;08;07 - 00;24;27;00

Michelle

for good, not for not for harm. use it for us to open up doors as opposed to closing us off.

Cale

And how do you view then, that AI in that context, which is there are now people that are building sort of companion tools for one of these. Yeah. How do you view that, you know, you positive, negatively thought of you?

00;24;27;00 - 00;24;57;18

Cale

Just your objective assessment of AIs application in helping you achieve some, you know, less loneliness effectively.

Michelle

There are people who are very attached to things like avatars, for example, and very attached to to relationships that are not real. What I'd probably say about this is that there might be some

applications where people are very isolated, but again, I feel like this is much more something that we can harness and we have to harness for good, and nothing can really replace organic human interaction.

00;24;57;18 - 00;25;26;27

Michelle

And if we're not careful, those sorts of things are lost, you know, things like body language, being able to tell someone is in a good mood or bad mood. All these are skills. We will lose these skills if we don't actually practise them, or we don't teach our children how to do these things. And we need to live in a world where others are also practising what we call good social hygiene, where we're checking up on people, where we are reciprocating, where we're helping people, or asking for help when, when needed.

00;25;26;27 - 00;25;48;12

Michelle

It's about that balance. I think that, as you say, you know, we might paint a bleak picture, but I think that if we demand as a society those kinds of products might come and be a little bit more savvy and more of being able to pick up those human cues as well.

Cale

Yeah. One thing that comes to mind is the one antidote to loneliness is vulnerability in some way.

00;25;48;12 - 00;26;09;12

Cale

And so being able to build human connection, and it feels like it would be difficult if you were doing that with sort of a preordained machine which sort of knows all you intuitively anyway. It feels so very false. So part of the exposing yourself and then another human doing that to you is how they can build that bond, which often addresses that loneliness.

00;26;09;12 - 00;26;31;22

Cale

This makes you feel much more connected. So I hear you and I personally have question marks over whether they, avatar or something, even if it is generally relatively building the conversation or the interaction, if it's still going to miss those finer points of the human experience. Yeah, I, we like to finish on a high. And I've got a couple more questions here.

00;26;31;22 - 00;26;56;13

Cale

The first is what gets you excited? What gets you up in the morning a bit loving to hear what you like. What gets you motivated daily to, to wake up and address loneliness?

Michelle

Well, people, I think in general do people who have that vulnerability to feeling lonely, people who thrive on connection and meaningful connection. I've recently had the fortune of becoming a mother and raising a child in this age.

00;26;56;13 - 00;27;16;02

Michelle

Well, again, it's a, I'm motivated to make sure that he does live in a world that where even if he is alone, he would feel meaningfully connected, even without us and about our presence, that he will feel meaningfully connected to others. So loneliness will happen to all of us, including myself at some point again in my life.

00;27;16;06 - 00;27;36;12

Michelle

I want to be able to empower others, but also to help others where I can because we only have that much time in the world. So, you know, being able to make a positive change in just one person will be enough for me.

Cale

Well, well, you certainly are doing way more than that Michelle, that's for sure. You've effected so much change in many organisations and many countries now as well.

00;27;36;12 - 00;27;57;07

Cale

It, it sort of touches on a question prior about the reason for the show name Grin + Bare It. It is being that a lot of conventional wisdom around facing difficult topics like loneliness has been just sort of, you know, with a grin and bare it, you know, it'll all work out. And I, you know, I think that's necessarily helpful to a lot of people.

00;27;57;12 - 00;28;20;27

Cale

And so, you know, you've referenced it multiple times [that] all people will face loneliness in their lifetime. What is the sort of the parting message that you would leave with them?

Michelle

I would say that relationships will change and people pass on and we will lose the people that we love. So I think that we, as older people, we don't need to just plan for our older age financially.

00;28;20;27 - 00;28;46;10

Cale

We also need to plan for it socially. We need to have communities that support us of different ages and different generations, and to remember that older adults, as an older adult, you have an incredible amount of wisdom and life experience to pass on to the younger generation. And

in fact, I think that the younger generation do crave that actually they have something to give, and that's really meaningful in itself.

00;28;46;12 - 00;29;05;20

Michelle

So to the older Australians out there, I think it's really around making a difference and knowing who your community is and making sure that we are surrounded by people that care for us and that we care for them too.

Cale

Words to live by, Michelle, and it's so simple when you hear that as someone gets lost in their day to day living.

00;29;05;22 - 00;29;22;09

Cale

Yeah. If I could spend hours with you talking about this topic, hopefully we can catch each other again at some point.

Michelle

Maybe in real life.

Cale

Of course, after all this conversation, let's not do it in a 2D fashion. Let's actually meet up, have a coffee and build a bond to cure both, both of our loneliness.

00;29;22;09 - 00;29;42;14

Cale

We can, we can actually resolve that, at least for a morning coffee. But I can't thank you enough. You've. Yeah, I know you've got such a busy schedule, and I really appreciate you jumping on and talking about what is such an increasingly important topic. So thank you for joining, Grin + Bare It.

00;29;42;16 - 00;30;12;22

Cale

Thank you so much for listening to this week's episode. Hope you enjoyed it. As always, I would love your feedback, questions, or any suggestions that you have to someone that I should be speaking to next as our guest. You can find me on LinkedIn, or you can find the Grin + Bare It podcast on TikTok and Instagram. Now the best way to support this show, if you did like it, is leave your feedback, subscribe or wherever you get your podcasts or simply share it with your friends and colleagues.

00;30;12;24 - 00;30;22;16

Cale

Thank you so much again. See you next time on Grin + Bare It.

