



Three Wise Kangaroos

Video – answer key

1. What is loneliness?

It's feeling less connected to other people than you want to be.

2. How is being lonely different from being isolated?

You choose to isolate yourself from others, whereas feeling lonely is not a person's choice.

3. How many people feel lonely in today's society?

The lowest estimates say between 30-40% of people feel lonely but it could be as high as 60%.

4. Which age group is the loneliest?

Young adults between 16-34.

5. Which factors are responsible for the loneliness epidemic?

Social dislocation, the world of screens including TV and software whose aim was to grab our attention and keep it away from the people we care about.

6. What's the connection between loneliness and smoking?

One study found loneliness was as dangerous to us as smoking half a pack of cigarettes a day.

7. What does research show about people who are lonely in later life?

They have more rapid brain decline.

8. What's the best way to keep on the path of wellbeing?

To invest in our relationships with other people.

9. What advice does the professor give if you're feeling lonely?

To find an activity around other people where you are comfortable.

Vocabulary – answer key

Match the halves to make useful verb+noun collocations.

pervasive	spreading widely throughout an area or a group of people (especially of an unwelcome influence or physical effect)
rapid	fast
social dislocation	lack of attachment, belonging or identity
a decline	a decrease
a bond	a relationship between people or groups based on shared feelings, interests, or experiences
to contribute to	to play a part in, to add to
an encounter	an unexpected or casual meeting with sb