

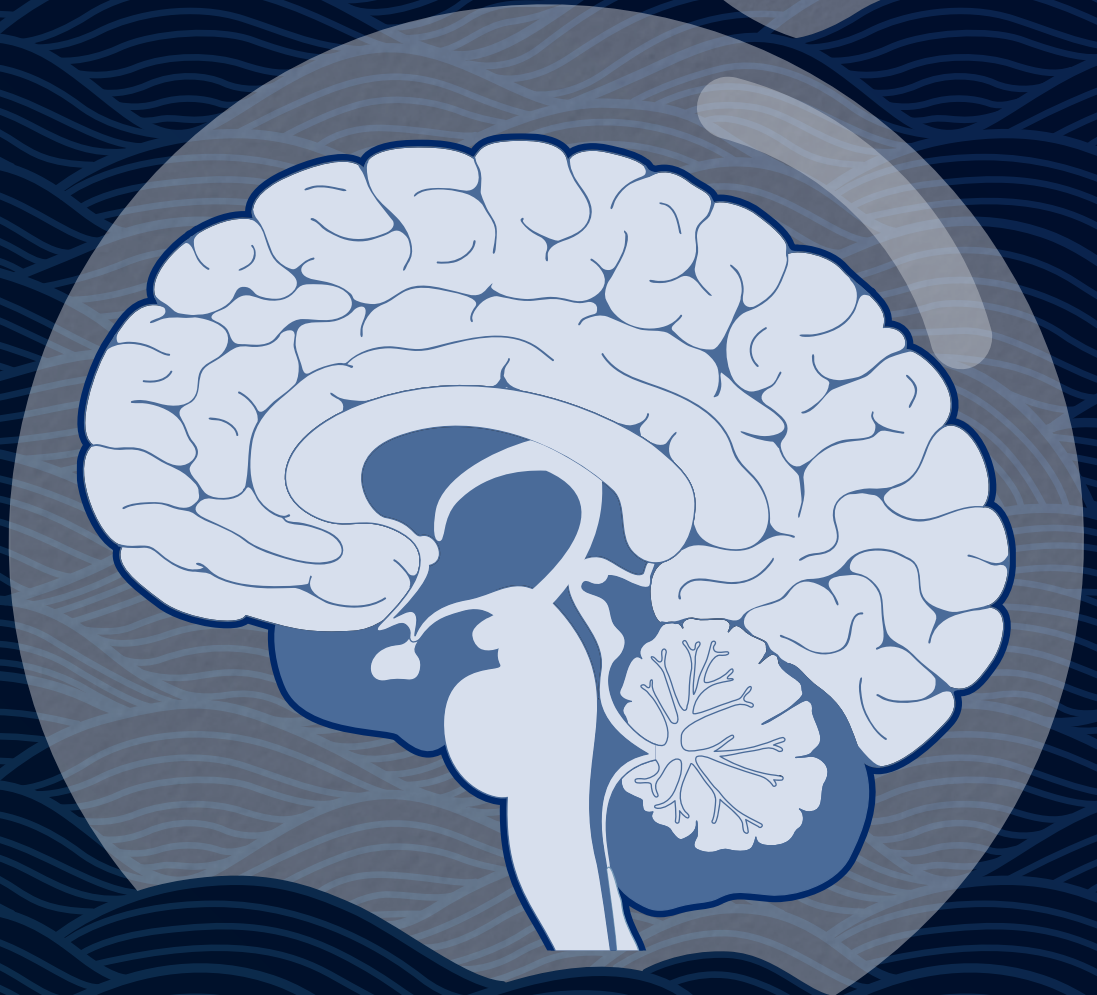
# How Social Isolation Affects the Brain

During the pandemic, many individuals selected a handful of friends and family with whom to form social bubbles. This drastic reduction in daily social interactions led to increased cases of mental health distress, demonstrating how social isolation alters brain patterns.

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