



Finding Connection While Working From Home

How to rise to the social challenges of remote work

Introduction

Employees have gravitated to remote work in recent years, enjoying the benefits of more flexibility and improved work/life balance. However, remote workers have also reported an overall increase in loneliness at work. In a 2021 survey, the American Psychological Association found that 65% of respondents felt isolated or lonely some of the time or all of the time while working remotely. [The United States Surgeon General](#) has gone as far as to raise alarm about the public health crisis of loneliness, isolation, and lack of connection in an Advisory that calls for a National Strategy to Advance Social Connection.



Loneliness isn't necessarily about being alone — at its heart, it's feeling deeply disconnected from others. There are numerous mental and physical health benefits when we feel connected with the people around us. **Use these tips to rise above the social challenges of remote work and foster a sense of well-being through community.**

Connect with yourself

Take some time to identify what activities make you feel good. Consider what experiences create a sense of inspiration, wonder, and awe. Do you enjoy long walks, or are there movies or shows that bring you comfort? What forms of self-care do you indulge in? Take breaks and schedule these activities throughout the day or week.

Step outside your comfort zone and do something you've always wanted to do. Be creative and think about what you could do that would feel special and meaningful. Is there a travel destination you'd like to see or a new hobby you've been itching to try? If you haven't felt you had the time to do it, what could you de-prioritize in your life to make space for it? Then, see if you can take action right now because putting it off will make it harder to do.

Give yourself the same kindness and compassion that you would your best friend.

Practicing self-compassion has been shown to be associated with lower levels of loneliness.

Connect with your coworkers

Build time to check in with coworkers outside of email and messaging communication. Try initiating virtual coffee chats or hangouts, or schedule in-person meetups with coworkers who live nearby. Attend company-sponsored clubs or events, and join employee resource groups you're interested in.

Set up virtual coworking sessions, such as working blocks where you and your team hop on a video call, plan what you will do for a block of time, and then discuss how the session went together at the end.

Schedule collaborative in-person working sessions with your coworkers. If your company has an office nearby, determine days to go in and work with your team. Or meet at a coworking space, coffee shop, or residence.

Make room for work-related and personal celebrations with coworkers. Some ideas include birthdays, life milestones, promotions, company achievements, and new team members.



Connect with others

Have purposeful, deep, and intentional interactions with important people in your life, including family, friends, and coworkers. Take the time to invest yourself in the moment when you're with the people you care about by slowing down, paying attention, and putting away your devices.

We are social creatures and are hard-wired to build community with one another. As U.S. Surgeon General Dr. Vivek H. Murthy says [in our recent podcast with Naomi Osaka](#), "There's certainly no shame in needing other people, relying on others, and asking people for help. In fact, that's exactly how we've been designed over thousands of years of evolution." You can find community around an identity you hold, a cause that's important to you, an activity, or an interest. Try joining a gym, attending a cooking class, checking out community events, or finding ways to help others in need.

Embrace micro-connections, which are small interactions with strangers. Micro-connections may not seem significant, but they can make a huge difference in your everyday life. Say hello to the mailman, talk with a neighbor as they walk by, or hold the door open for someone. Aim for three micro-connections each day if you can.



How Modern Health Can Help

Modern Health recently published [research](#) demonstrating that many members are experiencing heightened loneliness before getting started with the platform. The good news is that after three months of engaging with Modern Health, members decreased their loneliness and improved their mental health.



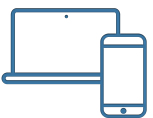
One-On-One Care

Modern Health can match you with a certified coach or licensed therapist trained in evidence-based methods to support your unique needs. Our peer-reviewed research demonstrates that our model works and members experience meaningful improvements in their well-being by working one-on-one with either a coach or a therapist. Providers can address mental health concerns related to communication, relationships, and challenges at work. [Get matched with a provider today!](#)



Community Circles

Circles are live group sessions led by Modern Health therapists and coaches. You'll walk away from each session with skills to navigate challenges that may impact you at work, at home, or in your relationships. Circles help you proactively address your mental health, and you have unlimited access. Modern Health offers a wide array of Circles you can join that foster connection and community around identities we hold, topics that are important to us, and more. Check out our [Circles page](#) to sign up for a session!



Self-Guided Digital Resources

A variety of self-guided resources are available through Modern Health can support you in addressing feelings of loneliness. Access digital programs, guided meditations, and courses that help strengthen your relationships and promote belonging. You can use these resources on your own or to support work you're doing with a provider. Some examples include our:

- [Building Relationships course](#)
- [Take Action: Social Connections program](#)
- [Finding Community and Belonging meditation](#)



Start for free today!

Scan this QR code. Or go to my.modernhealth.com

Questions? help@modernhealth.com