

STAYING CONNECTED

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Periods of high stress combined with isolation from friends and family can lead to a prolonged sense of sadness and even depression. One way to lessen the effects of these traumas is to make sure you're staying connected to friends, family and coworkers during this time.



TRY SOME OF THESE HELPFUL TIPS

- **You don't need a meeting invite to reach out to someone.** Pick up the phone. Frequent check-ins — at times expected and unexpected — can significantly lessen the feeling of distance.
- **Be intentional about reaching out.** Don't 'ghost' those you're used to seeing frequently. Think about your co-workers who may typically sit near you, walk the same hallways as you, use the same entrances/exits as you, and even park near you.
- **Schedule a virtual lunch, coffee chat, or happy hour.** You don't need to be in a restaurant or coffee shop to enjoy a latte or a meal with someone. Agree to a date and time, then dial up an audio or video conference with your food and beverage. Have fun sharing what everyone is eating/drinking on the other side of the screen while catching up.
- **Make eye contact.** When you finally see your colleagues in person or online, try to maintain eye contact with them for a few seconds longer than usual. This helps convey they have your undivided attention at that moment. It's a small but meaningful gesture that helps others feel seen and heard.
- **Express delight and well wishes.** When you find yourself in a face-to-face interaction with a colleague, tell them how happy you are to see them, ask how they're doing, and wish them well.

- **Welcome kids, pets, and significant others.** Working remotely is a juggling act for many individuals and families. For some, it's impossible to carve out long periods of uninterrupted time, especially when other family members are also working and learning remotely. If confidentiality isn't at risk, be understanding of different voices, noises, and faces nearby during calls or videoconferences. When appropriate, introduce your loved ones to your team if they happen to be near you during a virtual meeting. The more, the merrier!

LEARN MORE

View these resources for more tips, tricks, and information.

- **Zoom:** It's not just for your kids and their classwork. It's a great way to stay connected with family and friends when you can't get together.
- **Skype:** Connect with friends and family all over the globe.
- **FaceTime:** Talk to friends and family members like they're sitting right beside you.
- **Google Duo:** A simple way to connect via voice on this Google platform.
- **Houseparty:** Maybe not the best choice for your work sales call, but a great way to connect with friends and family.