

LONELINESS IN THE WORKPLACE

HERE ARE SOME IMPACTS OF LONELINESS



increased risk of cardiovascular disease



increased risk of depression



shortened lifespan



More than 40% of Americans experience loneliness despite spending more time with coworkers

FACTORS OF LONELINESS

- Working virtually (work from home)
- Lack of social support
- Personality Differences



Loneliness can lead to lower productivity, stress, lack of participation, weaker team performance

SOME STRATEGIES TO OVERCOME LONELINESS



Explore sense of cohesion and connectedness in the office



Strengthen connection between colleagues



Create opportunities for employees to rely and assist each other



Celebrate events and birthdays



"Loneliness is a normal emotional response that can happen in a new setting and environment"

CONTACT YOUR EMPLOYEE ASSISTANCE HOTLINE TODAY