

5 tips to combat loneliness in the working from home era...

How can loneliness impact our daily lives?

There is no doubt that since the pandemic and the era of working from home began, loneliness has affected more of us than ever before. Loneliness can have a massive impact on our physical and mental health, with human connection being so imperative to us as human beings.

- Loneliness is associated with an increased risk of certain [mental health problems, including low-self-esteem, depression, and anxiety](#).
- Loneliness and social isolation are associated with an [increased risk of developing coronary heart disease and stroke](#).

In recent times, our access to the people we love, and human interaction has changed drastically. Most of us have had a major decrease in socialisation and frequency in which we see our friends, family and even colleagues.

Society is evolving fast, and more and more activities that normally include interacting with people, for instance going to the doctors and shopping are moving online. Additionally, as working remotely has become more normalised, we've had an even bigger decrease in human connection.

Our connection to other people is fundamental to our happiness and ability to work effectively. A survey by Calm found employees overall [productivity decreased by 50%](#) when they were affected by mental health challenges. This makes it vital as a company to ensure your employees feel supported when working remotely and have the resources and advice available to help combat feelings of isolation.



1 Ensure managers take responsibility for combating loneliness

Working from home can cause employees to feel disconnected from the team and company. Managers should be equipped to support their team members if they are experiencing loneliness and should have access to training that can help them effectively navigate this scenario. These feelings can cause reduced wellbeing and poor working relationships if the employees feel as though they are not getting the support they need from their manager.

With this in mind, we have put together a few helpful tips to help you support your employees:



2 Talk about loneliness in the workplace

Loneliness can be a difficult emotion to manage at work, and some people may feel embarrassed about sharing how they feel. Talking about loneliness and mental health in the workplace can help normalise the conversation and create a safe space for employees to share their emotions and concerns.

At deverellsmith, we host internal events every Wednesday morning discussing a range of topics, including wellbeing. This is a time where our employees can ask questions if comfortable and gain advice on how to manage their mental health. These are also streamed online via Teams to employees working from home.



3 Offer employees access to mental health resources

Ensuring that your employees have access to mental health resources when they need it is important to help support their wellbeing at work. Some may not feel comfortable confiding in their colleagues or managers about loneliness and would prefer to talk to someone outside of the organisation.

Platforms like [Plumm](#) give employees access to online qualified therapists whenever they may need emotional support. This is wonderful for employees working from home, as the platform is accessed through Teams. With Plumm, your employees obtain access to video therapy, chat therapy and online courses with fantastic tips for managing wellbeing.



4 Introduce mental health first aiders

Incorporating mental health first aiders in the workplace will offer your employees additional options on who to talk to if they are feeling down or isolated.

deverellsmith offered our employees a course with Mental Health First Aid (MHFA) England, where they are able to become one of our designated first aiders. They are responsible for checking in with our employees, taking them out for coffees, hoping on a Teams call, and ultimately lending open ears and arms to anyone that needs a chat.



5 Build team strength through activities

As we are well and truly living in the era of working from home, building team morale and an authentic culture isn't as easy as enjoying a drink at the office local.

Hosting virtual team events like quizzes, murder mysteries and fun virtual challenges encourages a sense of community, especially for those who are not physically in the office.



Final sign off...

deverellsmith's CEO, Andrew Deverell-Smith, has curated a positive vibes playlist which can be played in the office and shared with your employees.

Listen here:



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