

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, 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](#).

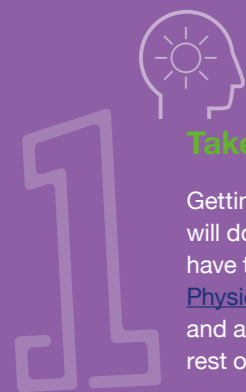
Society is evolving fast, and more and more activities that normally include interacting with people, for instance going to the doctors and shopping are moving online. Additionally, as working remotely has become more normalised, we've had an even bigger decrease in human connection.

Our connection to other people is fundamental to our happiness and ability to work effectively. With this in mind, we have created a guide with some helpful tips to help you combat loneliness whilst working from home.

Never feel ashamed if you feel lonely because you most definitely are not alone.

“Almost one in 14 people aged 16 or over in Great Britain say they are lonely”

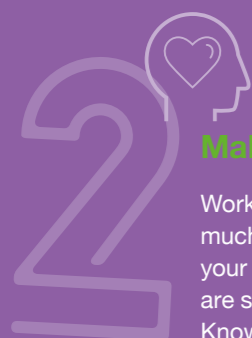




1 Take your lunch break outside

Getting outside on your lunch break, grabbing a breath of fresh air will do wonders for your productivity. You may also find other people have the same idea, bumping into people to chat to on your walks. [Physical activity has shown to have a positive impact on our mood](#), and a quick lunchtime walk will help increase your happiness for the rest of your working day.

With this in mind, we have put together a few helpful tips:



2 Make the most of your evenings

Working from home means you may not be socialising as much with your colleagues. However, organising time to see your friends and family in the evenings can ensure that you are still interacting with people and unwinding after work. Knowing you are going to be socialising after work can also help to reduce your feelings of loneliness throughout the day, giving you something to look forward to.



3 Interact with your colleagues as much as you can online

When you have a meeting, a brainstorming session - or even when you just have an idea that you want to share with your team - try using video calls so you can still gain face-to-face interaction with your colleagues. This will help you still feel connected to your peers and allow you to communicate effectively from home. Solely relying on emails and messaging may increase the chance of miscommunication and could increase the feelings of isolation, so taking advantage of video calls can support this.



4 Take advantage of the extra time you may have

Not having to make your daily commute everyday into the office may free up some extra time for you in the morning and evenings. Take this opportunity to socialise with your friends or neighbours. You could grab a coffee, breakfast or even dinner in the evenings. Spending time with others in this spare time will combat feelings of loneliness as you will be seeing more people in your daily routine.



5 Confide in a friend or family member

Confiding in someone you trust about how you are feeling can really help you connect with others and release the burden of carrying how you have been feeling on your shoulders. You may find that others feel the same as you do, helping you feel less alone and like you are the only person feeling isolated. They may be able to give you advice on how they have personally combated loneliness.



Final sign off...

deverellsmith's CEO, Andrew Deverell-Smith, has curated a positive vibes playlist which can be played whilst working, during lunchtime walks or shared with your friends.

Listen here:



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