

Strategies to Combat Loneliness

WORK Strategies

- Create daily routine, incorporate social engagement
- Virtual coffee breaks
- Schedule on-line working sessions with other colleagues
- Use virtual tools: Slack, Teams, Zoom
- Cultivate online communities
- Virtual coffee breaks at specific time with others
- Peer groups based on different interests

Personal Strategies

- Build into your schedule time to connect with colleagues, check in, chat, create virtual water cooler conversations
- Use tools like Slack, Teams, Zoom, Chat to connect visually with co-workers; interest-based Chat Channels - cooking, books
- Cultivate relationships in LinkedIn, Facebook, Alignable, and other groups to forge friendships

Quick Wins (Small, Daily Practices)

- Send a friendly message to a colleague you haven't spoken to in a while
- Use voice memos instead of texts to create warmer communication
- Call someone and have an actual, spontaneous conversation

HOME Strategies

- Take a class: pottery, painting, writing, yoga, cycling
- Host or attend local gatherings
- Invite neighbor over for coffee
- Participate in local community events
- Join a Meet-Up group or Eventbrite event
- Nurture relationships outside of work
- Reconnect with friends or colleagues
- Volunteer at local charitable events
- Get involved at your spiritual center

Personal Strategies

- Nurture "live" relationships with neighbors, family, friends, spiritual center community, meet-up groups.
- Use time you would have spent commuting engaging in more social activities, such as breakfast socials, after- work networking events
- Focus on your physical, emotional, and cognitive health: engage in hobbies, interests; journal, meditate, pamper yourself
- Practice Self-Care: get a massage, go on a retreat, cook healthy meals, exercise regularly, do things that make you smile

Quick Wins (Small, Daily Practices)

- Say hello to a neighbor when walking your dog
- Join a fitness class instead of working out alone
- Drop into a coffee shop
- Take yourself out on a date
- Re-engage in your community