

Strategies to Combat Loneliness

克服孤獨感的策略

WORK Strategies

- Create daily routine, incorporate social engagement
- 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

工作策略

- 創建每日例行公事，融入社交活動
- 線上咖啡小憩
- 安排與其他同事的線上工作會議
- 使用線上工具：Slack, Teams, Zoom
- 培養網路社群
- 在特定時間與他人進行線上咖啡小憩
- 按興趣劃分的同伴團體

個人策略

- 在日程中安排時間與同事聯繫，關心對方，與對方聊天，在線上茶水間閒聊
- 使用像Slack、Teams、Zoom、Chat等工具，進行視訊聯繫；按興趣分類的聊天頻道—烹飪、書籍等
- 在LinkedIn、Facebook、Alignable等平台上培養關係，建立友誼 小小成果（每日簡單做法）
- 向一段時間未聯繫的同事發送友好的信息
- 使用語音備忘錄替代文字消息，創建更溫暖的溝通
- 給某人打電話，隨意聊聊天

小小成果（每日簡單做法）

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- 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

家庭策略

- 參加課程：陶藝、繪畫、寫作、瑜伽、騎行
- 主辦或參加本地聚會
- 邀請鄰居來家裡喝咖啡
- 參加當地社區活動
- 參加Meet-Up小組或Eventbrite活動
- 培養工作以外的關係
- 與朋友或同事重新建立聯繫
- 在當地慈善活動中做志願者
- 參與靈性中心活動

個人策略

- 培養與鄰居、家人、朋友、靈性社區、Meet-up小組等的“現場”關係
- 用本來會花在通勤上的時間參與更多社交活動，如早餐聚會、下班後的網絡交流活動
- 專注於身心健康：參與興趣、愛好；寫日記、靜坐/冥想、愛自己
- 練習自我照顧：按摩、參加靜修、烹飪健康餐、定期運動，做讓自己微笑的事

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

小小成果（每日簡單做法）

- 遛狗時向鄰居打招呼
- 加入健身課程，而不是單獨鍛煉
- 到咖啡店坐坐
- 和自己約會
- 重新融入社區