## **Staying Connected**

## While Working From Home

Working from home poses challenges for employees and employers alike. According to Clutch, a data-driven field guide for B2B buying and hiring decisions, 60% of employees have spent less time socializing with co-workers since they began working remotely due to the COVID-19 pandemic.

## **How to Stay Connected With Co-workers**

Although it's tough, staying connected with your co-workers while you're working from home can help you boost your social well-being. Here are some ways to stay connected while working from home:



Communicate via video calls.



Participate in team activities.



Host virtual happy hours or coffee breaks.



Involve coworkers' families when necessary.

## **Don't Forget, Communication Is Key**

Effective communication can be beneficial when working from home in order to stay on track.



Use a variety of communication platforms.



Create shared calendars.



Be available and respond diligently.



Keep your online status up to date.

For more information on social well-being or resources on how to stay engaged while working remotely, contact HR.

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