

Ways to avoid feeling isolated whilst working from home

When the COVID-19 Pandemic began government enforced lockdown and social restrictions to reduce the spread of the virus. This of course meant that many workplaces were closed across the country and many of us were given a laptop and told to work from home. This was a bit of a novelty at the time for many, but what we had originally hoped would be only a few months, has turned into over a year.

Being able to work from home has meant that businesses have not had to hurry everyone back into the work place as soon as possible, meaning workers who have been able to work from home, most likely still are. Working from home can feel very isolating at times, so below are some tips to help avoid those feelings of isolation.

Try to work somewhere else for 1 day during the week

Sitting at home working whilst looking at the same four walls you've been looking at for the past week can really hammer home the feeling of isolation. If possible try to find somewhere you can work from that mixes up your surroundings a bit. Whether that be a nearby coffee shop, a gym, library etc. having a change of scenery and being exposed to others can help break up the week.

Take advantage of this new flexibility

One of the main silver linings of working from home is that the commute is no longer a part of your routine. Make the most of this and rather than sleeping in, get up at the usual time and use the commute time to go out and grab a coffee, or do something social. You can also do this in the evening once work has finished. Head straight out and make the most of this extra time you're not spending sat in your car or on a bus.

Make plans with friends

Again, now with this flexibility and lack of commuting we all have a bit more time to spare. To avoid feeling isolated make sure you use this time to meet with friends, family or colleagues. Think about doing this especially when you start feeling isolated or lonely whilst working from home.

Keep in touch with colleagues

Whereas usually you would be able to speak with your colleagues in the workplace, working from home makes it so much harder to do. You may have a Skype call with them from time to time but this is mostly to resolve an issue or discuss work, the casual chat with colleagues has waned since working from home. Make sure when you do have calls with them to have a brief conversation first, it will help you maintain a sense of team work, but also socialising with colleagues will help you to feel less isolated, as well as potentially helping them.

Useful links

Please see below other useful links to tips on how to avoid feeling isolated and lonely whilst working from home:

- <https://unify.com/en/blog/8-ways-to-overcome-feelings-of-working-from-home-isolation>
- <https://sun-and-co.com/2020/04/working-from-home-https://www.theguardian.com/small-business-network/2013/sep/23/avoid-feeling-isolated-working-home>

More information

If you would like to view the Webinar on **'Ways to avoid feeling isolated whilst continuing to work from home'** is being delivered live on **Thursday 17th June at 12:00pm**, please use the following link to register for this session –

<https://attendee.gotowebinar.com/register/7121782419611087885>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.

If you feel you may need some support, you can contact Care first. Care first is a leading provider of confidential, professional counselling, information and advice services. All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.