Mental Well-Being at Work: Social Connections

To thrive, human beings require a sense of connectedness with others. Alarmingly, research shows that loneliness is on the rise, impacting the physical and mental well-being of individuals worldwide. What can we do to better connect with others at work?

Potential Project’s *Mind at Work* study reveals how social connections impact our well-being at work.

WHAT YOU CAN DO

1. **Be compassionate:** As you go about your day and connect with others, ask yourself: *How can I help this person to have a better day?* Compassion is the intention to be of benefit to others, and it starts in the mind.

2. **Make social distancing physical, not emotional:** Remember that meaningful connection can also happen virtually.

3. **Recall our common humanity:** Despite the myriad differences between people, we all share the wish to be happy and a mutual dependence for our livelihood and survival. When you feel lonely, ask yourself: *Have others gone through similar challenges I’m currently going through?*

4. **Think in terms of ‘we’ not ‘me’:** When you are in a meeting or working on a project, think about all the stakeholders and how you can contribute towards what’s best for everyone involved.

**CONNECTING INCREASES WORK SATISFACTION.**

Those who are socially connected at work are **14%** more satisfied with their work.

**SOCIAL CONNECTION LESSENS ABSENTEEISM.**

Those who experienced little social connection were **2x more** likely to report absenteeism.

**CONNECTING DURING THE DAY HELPS US SLEEP BETTER.**

**49%** who connected reported sleeping longer.

**33%** who didn’t connect reported sleeping longer.

*The Mind at Work* is Potential Project’s bi-annual study of how our minds work while we work. Using our proprietary digital diagnostic tool – Mindgrow – we assess employees’ moods and mental states within the flow of a work week to reveal the true employee experience.