

# Mental Well-Being at Work: Social Connections

To thrive, human beings require a sense of connectedness with others. Alarming, 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.

## 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

**33%** who didn't connect

reported sleeping longer.

## 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.

Find more insights about mental well-being in *The Mind at Work* – 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.