

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.

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

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