



Coping With Loneliness & Isolation

Length: 1hr .

Delivery modes: Onsite & Virtual Presentation; Pre-recorded tutorial.

Details: At this unprecedented and unanticipated period, many are finding it a struggle to cope with enforced isolation and company-wide home working policies. This 'new normal' also sees a considerable number of organizations transitioning to a remote workforce for extended periods of time.

Addressing the challenges that arise with isolation and working remotely, is key to maintaining healthy, engaged and productive employees.

This webinar takes into consideration, the pressures that isolation and loneliness puts on the working population. Content is as follows:

- The difference between isolation and loneliness
- What actions can be taken to ensure effective self management of mental wellness?
- What strategies and tools can be used to cope with isolation, whilst keeping engagement and productivity levels high
- Setting a productive routine
- Healthy @ Home Habits
- Nurturing a sense of belonging with a remote workforce
- Unplugging - Creating WorkLife Boundaries
- Sleep Hygiene
- Self Compassion & Self Care

Connect with WORKBLIS to discuss requirements - hi@workblis.com

This is a holistic wellbeing presentation, and is not intended to be taken as, or replace medical advice. For personal issues concerning health, participants are advised to conduct their personal research before making lifestyle changes, or seek the services of their chosen health professional.