Beat the Workplace Loneliness Epidemic!

In recent years, there's been a growing epidemic of loneliness, with many people substituting social media for social life, reducing involvement in neighborhoods and the public square, and hunkering down in political silos. And it's not limited to people's personal lives. Many employees report feeling isolated or disconnected at work, even in bustling offices or on busy Zoom calls. According to Gallup research, the U.S. Surgeon General, and many other workplace studies, loneliness can significantly impact mental health, job satisfaction, and overall productivity.

Several factors contribute to this rise in workplace loneliness. Remote and hybrid work create flexibility but also reduce casual interactions and spontaneous socializing. Increased reliance on digital communications is convenient but can leave little room for genuine human connection. Even in in-person environments, employees may feel left out due to generational gaps, lack of diversity, or poor workplace culture. Loneliness isn't just about being physically alone - it's about feeling emotionally or socially disconnected. It's important to build meaningful, supportive relationships that help you feel seen and valued. Taking small steps can lead to big improvements in your work life and overall mental health.

Here are some practical steps you can take to build connections and reduce feelings of isolation:

- **Make time for small talk** – Chatting before a meeting or asking a colleague about their weekend may seem small but can lay the groundwork for deeper relationships.

- **Join or start a social group** – Whether it's a book club, a lunchtime walking group, or post-work softball game, shared interests and interactions can help build bonds.

- **Be proactive** – Don't wait for others to reach out. Invite a coworker to an in-person lunch or suggest a quick catch-up call.

- **Personalize interactions** – Have in-person meetings when you can. Make an office visit to discuss a report or drop off a schedule instead of sending an email.

- **Volunteer for cross-functional teams** – Working with different departments can broaden your circle and build new connections.

- **Seek out mentorship or peer support** – Find someone to talk to regularly about work challenges and goals.

- **Offer help** – If you have special skills or expertise, work with your manager to find ways to share your knowledge, help your colleagues, or serve as a resource for new hires.

- **Reach out to your EAP** – Your EAP offers counseling, telephonic coaching programs, webinars and the Talkspace Go app for help in dealing with loneliness, depression, and other workplace challenges. You can also access training related to teamwork and communication skills.

Featured August Webinar

Strategies for Enhancing Emotional Intelligence (EQ)

EQ is more important than IQ when it comes to both personal and professional success. In this dynamic session, gain strategies for enhancing your emotional intelligence and learn about its connection to success and fulfillment. To access this Webinar and related resources, simply log in to **www.EducatorsEAP.com** during August.

12 Quick Tips for Back to School

Whether first-timers or experienced students, you and your kids can smoothly adjust to a new school year with some advance planning.

Here are a dozen quick tips to get you started:

1. Adjust and practice sleep and waking schedules in advance.
2. Review class schedules & supply lists.
3. Plan and test any transportation routes.
4. Talk through first-day jitters.
5. Organize a family calendar.
6. Book health checkups & update vaccines.
7. Label supplies & gear.
8. Plan and prep easy lunches together.
9. Set up a quiet spot for homework.
10. Watch for signs of stress as kids adapt to new challenges.
11. Keep it upbeat - positivity is contagious.
12. Download the National Safety Council's **Back to School Safety Checklist**.

Supercharge Your Skills

This summer, invest some time in yourself to supercharge your skills. By dedicating just a few minutes a day or a week to learning, you can gain new skills and brush up on current skills. We offer a few suggestions below, but you can also search for your own interests. Simply click on **"Member Login"** at **www.EducatorsEAP.com**, sign in, and click on the comprehensive training library in the **"Training Center."**

- **Working from Home When You're Lonely | Course ID:** SVL_1020666
  Learn best practices for forming connections with others and accepting your feelings in a 5-minute video course.

- **The Do's and Don'ts of Being a Team Player | Course ID:** SVL_1021263
  This 7-minute video course will discuss actions you can take to effectively support your team, as well as pitfalls to avoid.

- **Wellness Toolkit: Healthy Eating on the Go | Course ID:** SVL_1020499
  This 5-minute lesson covers healthy snacks, healthy meals, and healthy drinks while at work, and a guide to portion control.
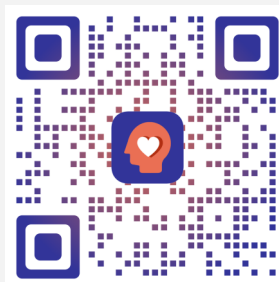
Key August Dates

- **Summer Sun Safety Month**
- **National Breastfeeding Month**
- **National Immunization Awareness Month**
- 8/1 - **World Lung Cancer Day**
- 8/3 - 8/9 - **National Farmers Market Week**
- 8/11 - 8/17 - **Safe + Sound Week**
- 8/31 - **International Overdose Awareness Day**

Scan to Learn More!

Explore More of Your Employee Benefits

Download Talkspace Go For iPhone Or Android