Staying Connected with Your Co-workers

While some are back in the office, many of us continue to work from home and have not seen our colleagues in many months.

With this hybrid approach, it might feel difficult to maintain work relationships the way you used to – dropping by someone's desk for a quick chat or meeting up for coffee or a stroll around the block. You might think it is not a big deal, but it is important to recognize that providing and receiving support and friendship from co-workers with shared workplace experiences is a great coping mechanism in stressful times. Having this connection can improve your sense of control, social belonging, and self-esteem. Who else knows the stresses of work better than your work colleagues!

If you are feeling disconnected from your colleagues and co-workers due to different workspaces or schedules, here are a few ideas to keep that connection, or even improve it:

- Schedule regular virtual lunch or coffee dates with co-workers
- Schedule "walk and talks" for over the phone
- Start a Joke-of-the-Day or Video-of-the-Week email chain for those interested
- Institute monthly online Lunch and Learn
- Start a Remote Workers Mentorship program to pair up those who might be struggling with remote work with colleagues who are thriving in current conditions
- Start an online Book Club and include as many co-workers as possible