

WORKING FROM HOME?

THERE'S NO NEED TO BE LONELY... TIPS TO STAY CONNECTED

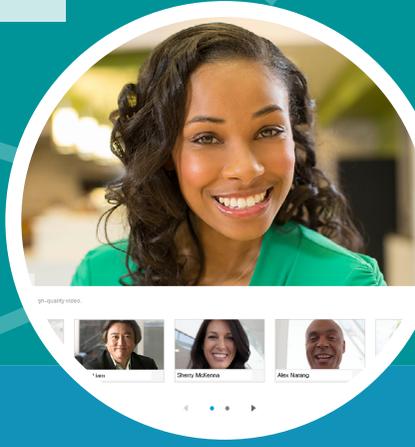


YOU ARE NOT THE ONLY ONE

It's easy to feel like you're the only one feeling lonely, but many colleagues will feel the same way. Take comfort you're not alone.

HUMAN CONNECTION

Reach out to a colleague over video to ensure you hear a real voice and see a real face, not just read a text or email.



DAILY STRUCTURE

Set goals and plan activities for your day to keep yourself motivated with a sense of achievement each day.



BOOST YOUR MOOD

Listen to upbeat music to help boost your mood or seek out good news stories or funny videos.

EXERCISE

Stretch your legs, get some fresh air or follow an online fitness video or app to boost your mood and stay healthy.



BE PART OF A TEAM

Set up a team chat to easily keep in touch with your colleagues day-to-day by sharing ideas, news and fun updates.

REDUCE ANXIETY

If you're feeling anxious, try out some mindfulness techniques, such as giving yourself five minutes to doodle or colour.



REGULAR BREAKS

Don't get stuck to your screen all day, focus on something else for 10 minutes, perhaps even get creative!

SOCIAL TIME

Missing casual chats? Set time aside to catch up socially on video over a hot drink and a slice of cake.



Get in touch with Natilik to find out how our collaboration solutions can support team culture and positive social interaction. We are offering trials, discounts and more for Cisco Webex... helping you stay connected.

GET IN TOUCH