

# Coping with Loneliness

Spending more time alone because you are working from home or self-quarantining may feel isolating and lonely. If you are struggling, try these tips:

- ▶ **Reach out.** Tell colleagues about how you are feeling and see if you can schedule some virtual time together. Try sharing a phone or video call during your usual lunch hour.
- ▶ **Get out of your comfort zone.** Loneliness may be a sign that you're "stuck in a rut." Try finding a new interest that you can pursue in your leisure time or take on a new project at work.
- ▶ **Rediscover yourself.** Devote the time you save in working from home to working on you. Take advantage of your extra time by revisiting a hobby, pursuing favorite activities, or de-cluttering your personal space. This is also a great time to take an online class or learn a new software that will improve your work performance.
- ▶ **Engage in a meditative pursuit.** Try activities that decrease stress and improve mental wellness, such as yoga or mindful meditation. Writing in a journal may help you work through your emotions and gain perspective on your feelings.
- ▶ **Maintain your physical health.** Eat healthy foods, exercise at least 30 minutes 4-5 times a week, and get 7-9 hours of sleep a night.



- ▶ **Maximize comfort.** Working from home can be a more relaxed experience. Set up your work station in place where you feel productive and energetic. If it's too quiet, turn on some music. A TV on a low volume setting works well for mimicking the sound of background office chatter.
- ▶ **Be patient.** Some people may really enjoy working from home, while others may prefer an office setting. Remind yourself that this situation isn't permanent.
- ▶ **Seek help.** If you are struggling with feelings of loneliness or isolation, contact LifeMatters. Help is available 24/7/365.

Call **LifeMatters®** toll-free anytime. **1-800-634-6433**

Assistance with Life, Work, Family, and Wellbeing • 24/7/365

**mylifematters.com** • Text "Hello" to 61295

Call collect to **262-574-2509** if outside of North America

TDD and language translation services are available

 [facebook.com/lifematterseap](https://facebook.com/lifematterseap)

