

# HOW

**overcome loneliness  
due to remote work**

# TO

1

# Work from interesting places

Remote working comes with its own perks.

Go to a coffee shop, a co-working space or travel and rent a place.



## 2 Unplug & unwind

Log off religiously once done with work. Make outdoor plans with friends & family.



**3**

## **Use video generously**

Use video conferencing calls to brainstorm, have discussions, or even a quick catch up rather than text or email



## 4

# Spend time outdoors

Take a moment to soak in the sun, walk barefoot on the grass or simply admire the beauty of nature.



**5**

## Get physical

Pick an exercise that works for you & practice it at least 3 times a week.



# Offline or Online, employee wellbeing matters for all



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