



# Sense of connection at work

An age of screen work and deadline pressure sometimes gives rise to silent loneliness. Nevertheless, you can take steps to increase your sense of connection in day-to-day work.

## Actively approaching colleagues

Quick conversations, small talk or coffee breaks help to get people talking regularly – including about topics outside of work. This can help to establish a more personal relationship and to reduce isolation.

## Using employee networks or interest groups

Lots of companies have groups or informal get-togethers for people to bond over shared hobbies or interests, e.g. book clubs, sports groups. Getting involved in these helps you to build new connections and boost your sense of belonging.

## Regularly and firmly planning social activities

Whether in the company canteen, break room or a local restaurant – it's easy to plan a lunch together and it creates a sense of connection. Going on a walk together during break times may be an occasion to enjoy good chats – and also provides some exercise out in the fresh air.

## Creating structure and routine when working remotely

When working remotely, regular social interaction helps to overcome the feeling of distance. Virtual breaks, video calls, phone calls instead of e-mails or short personal check-ins during meetings help with this. Using co-working spaces or taking a lunch break outside your home office helps you to meet other people.

You can find presentations and information on the topic of loneliness at: [bosch-bkk.de/mental](https://bosch-bkk.de/mental)