Mental Health in the Workplace:
From the Lens of Remote Workers

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Main highlights

Introduction

Discussing the Importance of Mental Health in the Workplace

Let’s Test It!

Tips

Wellness

Challenges

- Isolation and Loneliness
- Work-Life Balance
- Communication Challenges
- Technology Overload
- Lack of Support and Recognition
- Ergonomic Challenges
- Compromised Physical Health

Testing Time!

Completing the Remote Working Challenge Checklist

Valuable Tips!

A. Workload and Stress
B. Work-Life Balance
C. Social Connection
D. Isolation and Loneliness:
E. Communication Satisfaction
F. Technology and Overload
G. Recognition and Support
H. Physical Health
I. Time Management

J. Emotional Well-being

- Prioritize tasks
- Set Boundaries
- Virtual Check-ins,Team Building
- Stay Connected
- Time-Off
- Encourage Social Interaction
- Breaks and movement
- Pomodoro, Time Blocking, Eisenhower (and other techniques)
- Virtual Wellness Retreats, Therapy, Coaching

Valuable Tips!

- Regular Check-ins
- Promote Work-Life Balance
- Provide Mental Health Resources
- Encourage Social Interaction
- Flexibility
- Training and Education

Thank you!

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