# 4 MENTAL HEALTH TIPS FOR REMOTE AND HYBRID EMPLOYEES

When working remotely, the line between work and home can easily become blurred, negatively impacting mental health. This is important, as mental health directly impacts work performance and productivity. Further, poor mental health can lead to chronic stress and lack of sleep. As such, prioritizing mental health is essential to decreasing workplace stress and increasing your satisfaction at both work and home.

How Remote Work Impacts Mental Health

Remote and hybrid work has affected how connected employees feel to their colleagues. A recent study by OnePoll showed the following:
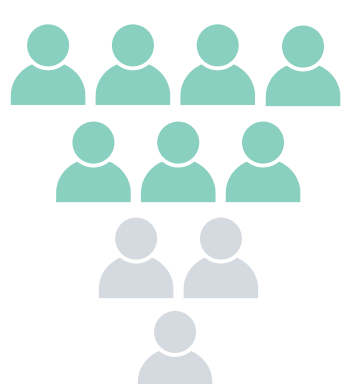
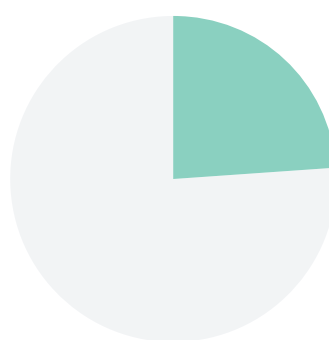**7 in 10** employees feel more isolated than when they worked in the office.

63% feel less engaged with their team.

Similarly, working remotely can make it easy to forget to prioritize physical activity. In turn, this can negatively impact your mental health. Consider these findings from Upright Pose:

1 in 3 workers sit in their work chairs the entire day.

24% of remote workers never leave their homes during a typical workday.

Almost half of all remote workers take less than 1,000 steps during the workday.

Maintaining Your Mental Well-being

Focusing on your mental health can improve your work and overall happiness. Here are some things you can do to maintain your mental well-being when working remotely:

Prioritize your physical health. Walking for at least 30 minutes daily can help boost your mood and improve your physical and mental health. For example, consider stretching, practicing yoga or using an at-home bike. Further, eating healthy and getting enough sleep are also key to maintaining good health. When your body is properly fueled and rested, your mental health also benefits.

Maintain boundaries. Have a designated work space, and consider changing into work clothes when you start the day to further separate your work and home lives. Creating a routine for your workday and sticking to it can help you transition in and out of your workdays.
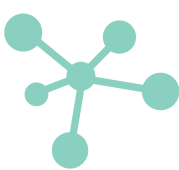
Connect with others. Interacting with friends and family is important to ensure you are receiving adequate emotional support. Make time to connect with others throughout the week, whether in person or virtually.

Take breaks. Remember to take breaks throughout the workday. For instance, consider taking a brief walk or grabbing a snack.

Remember that you are not alone. If you have concerns about your mental health, follow up with your employer for mental health resources and services. Alternatively, reach out to a doctor or use the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Helpline by calling 800-662-HELP (4357).

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