

Things You and Your Colleagues Can Do to Stay Connected

Staying connected to your colleagues can help create a sense of normality and community. It can be helpful to share common experiences, take a break from the stress of work to laugh or commiserate, and build out a schedule for yourself that includes much-needed break times.

Here are some ideas of how you can stay connected:

- Daily virtual coffee/tea breaks over video (Zoom, Skype, FaceTime, etc.). You can institute "water cooler talk only" rules
- Weekly (or nightly!) "Happy Hour" over video
- Take your lunch breaks together over video
- Share non-work related links and memes in a group message or the Virtual Water Cooler channel in Microsoft Teams
- Create a virtual "petting Zoo-m" where people can join and show off their pets (aka new office mates)
- Send each other a photo of the day in a group text / group chat
- Make some good old fashioned phone calls