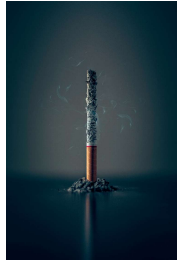




**Alone at Work:
Isolation Risks
When Telecommuting**

**Loneliness Is a Health
Crisis**





**The research is
telling us that...**

- **Depression, Anxiety**
- **Poor sleep quality**
- **Impaired executive functioning**
- **Accelerated cognitive decline**
- **Poor cardiovascular health**
- **Impaired immunity in all stages of life**

Psychoneuroimmunology

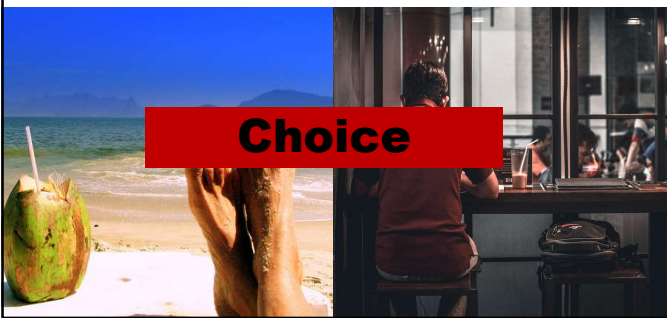
Social Safety Theory

Perception of threats include:

- Social conflict
- Isolation
- Devaluation
- Rejection
- Exclusion



Isolation vs Loneliness



Loneliness: a problem before the pandemic



Over 25% of population live alone (2010 Census data)
 Feeling of loneliness is on the rise
 Reactive vs Chronic

- Reactive – during big life transitions such as death, divorce or move
- Chronic - most likely to set in when individuals either don't have the emotional, mental or financial resources to get out and satisfy their social needs or they lack a social circle that can provide these benefits

Physical Vulnerability
Attachment Theory
Brain Development



Support Needs Start Early

What we see in mental health settings

Autism
Anxiety
Aggression





How Technology Can Help

Facebook groups
Netflix party
Houseparty
Pub trivia (Zoom break outs)
Nextdoor

Learning on Demand

MyPURPOSE

Grow. Learn. Lead. Serve.

Communication and Social Skills

Email Skills

Emotional Intelligence

How to Listen

Essential Telephone Skills

Coursera and edX

Home Need Assistance? Profile Connect Learning ILT Performance Open Opportunities Reports Admin

COVID-19 Alert: For the latest information on the novel coronavirus in Kentucky, please visit kygov1919.gov
KCAP - Tips to help you manage virus-related anxiety.

Welcome Zack



Rubber. Meet road.

- Communicate through visual means
- Communicate often
- Designated work space
- Dress the part
- Family plan



Still more tips...



- Self-motivation
- Set Work Hours
- Exercise
- Meditation
- Sleep
- Change Your Thinking

Stable




Global**Internal**



10,000 LUX

The Role of Leadership

- **Constant communication / Connectivity**
- **Positive reinforcement / Inclusion**
- **Clear expectations**
- **Trust (until you have a reason not to)**
- **Convenience / Speed increases risk**
- **Model good behavior**



Contact us!!

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**Call or email to schedule
virtual appointments**

