

Staying Connected While Working Away

Being away from loved ones during the holidays can be challenging, especially when the season is all about connection and celebration. While you may not be physically present, there are still ways to stay involved, boost your well-being, and make the most of this time.



Stay Connected Through Technology: Even if you can't be home, you can still be part of the celebrations. Organise a virtual holiday meal, schedule video calls, or send voice messages to stay in touch with family and friends.

Remember the Bigger Picture: Remind yourself why your work is important and the impact it has. Focusing on your purpose can help you stay motivated and positive.

Connect with Your Colleagues: Your workmates understand what you're going through. Take the opportunity to strengthen these connections by sharing a meal or spending time together outside of work hours.

Be Kind to Yourself: Prioritise self-care by treating yourself to something special, whether it's a small gift, a favourite meal, or planning a future getaway to look forward to.

Keep Holiday Traditions Alive: Find ways to bring holiday traditions into your current environment. Participate in a workplace Secret Santa, decorate your space, or share festive treats with colleagues.

Reach Out and Talk: Chances are, your loved ones are missing you just as much as you miss them. A simple message or call can brighten their day—and yours.

Practice Gratitude: Take a moment to reflect on the positives. Listing a few things you're grateful for can help shift your mindset and bring comfort during this time.

Hold Onto Special Moments: Even though you're apart, keep your loved ones close in your thoughts. Focus on the meaningful times you've shared and look forward to making new memories when you reunite.

For further reading on coping with loneliness and staying connected, visit:

- [Psychology Today](#)
- [Australian Psychology Society](#)

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