

# Belonging at work

Lack of social connections at work can harm your physical and emotional well-being.

Building a better sense of belonging at your workplace requires a collective effort at all levels. Think about how you can play a role in fostering more social connections among your team, for your well-being and theirs.



**Offer to help a co-worker with a problem or project they are working on.**

Suggest and/or create ways to encourage more personal sharing during team meetings.

Smile and share a few friendly words during brief interactions. Learn something interesting about a co-worker and share something about a hobby you enjoy.

Opt for in-person conversations as much as possible.

