

## Title

# Understanding the Psychological Effects of Isolation and Remote Work with Paula Allen

## Show Summary

Join Shari Simpson on the "HR Mixtape" podcast as she interviews Paula Allen, Senior Vice President of Global Leader Research and Client Insights at TELUS Health, about the impact of loneliness in the workplace. In this episode, they discuss the effects of hybrid and remote work on loneliness, the importance of building trusted relationships, and strategies to combat loneliness both personally and in the workplace.

### Key Takeaways:

1. Loneliness affects physical and mental health, leading to increased risks of heart disease and stroke.
2. Building genuine connections and trust is crucial in reducing loneliness, regardless of the number of connections.
3. Balancing a variety of experiences, actively reaching out to others, and seeking professional help when needed are essential steps in combating loneliness.

## Hashtags

#LonelinessAwareness #RemoteWorkImpact #MentalHealthMatters  
#SocialConnection #WorkplaceWellness #EmployeeEngagement  
#HealthyWorkplace #CombatLoneliness #SupportiveWorkEnvironment  
#ProfessionalHelpAvailable

# LinkedIn Post

## Exciting New Podcast Episode Alert!

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I am thrilled to announce the release of our latest podcast episode featuring Paula Allen, Senior Vice President of Global Leader Research and Client Insights at TELUS Health. In this episode, Paula shares valuable insights on the impact of loneliness in the workplace, especially in the context of hybrid and remote work environments. Here are three key takeaways from our enlightening conversation:

- 1. The Importance of Trusted Relationships** : Paula emphasizes that combating loneliness is not just about the number of connections we have but the quality of those connections. Building trusted relationships where individuals feel supported and cared for is crucial in reducing feelings of isolation and loneliness.
- 2. The Role of Communication in Remote Work** : Paula highlights the significance of inclusive communication in remote work settings. Regular and meaningful communication among team members fosters a sense of connection and belonging, ultimately enhancing well-being and productivity.
- 3. Addressing Loneliness Through Awareness and Action** : Paula suggests that creating awareness around the issue of loneliness and taking proactive steps to combat it is essential. From engaging in shared experiences to seeking professional help when needed, individuals can actively address feelings of loneliness and prioritize their mental health.

I highly recommend tuning in to this episode to gain further insights and practical tips on addressing loneliness in the workplace. Let's work together to create a supportive and connected work environment for all!

Listen to the full episode [here](#).

#Loneliness #WorkplaceWellness #RemoteWork #MentalHealthAwareness  
#PodcastEpisode #TELUSHealth #EmployeeEngagement

## Twitter Thread

**Excited to share insights from my podcast episode with Paula Allen, Senior VP at TELUS Health, discussing the impact of loneliness in the workplace and how to combat it.** 

- Loneliness affects our physical and mental health, productivity, and overall well-being. Paula sheds light on the importance of social connections.
- The pandemic has exacerbated feelings of loneliness, but there are ways to combat it. Paula shares tips on creating genuine connections in a hybrid or remote work environment.
- From joint projects to shared experiences, building trust and communication are key to reducing loneliness in the workplace.
- Paula emphasizes the importance of awareness and seeking professional help for mental health support. Let's prioritize our well-being and social connections.
- Listen to the full episode for more insights on addressing loneliness personally and in the workplace. Let's work together to create a supportive and connected environment.

#Podcast #Loneliness #MentalHealth #WorkplaceWellness #TELUSHealth  
#EmployeeEngagement

## Twitter Post

1. Join me in exploring the impact of loneliness in the workplace with Paula Allen, Senior VP at TELUS Health. Discover how remote work affects our mental health and productivity. #Loneliness #RemoteWork #MentalHealth
2. Are you feeling more connected or distant in the era of remote work? Listen to Paula Allen from TELUS Health discuss the importance of building trusted relationships to combat loneliness. #WorkplaceLoneliness #Connection
3. Discover the surprising effects of loneliness on employee well-being and productivity in this insightful podcast episode with Paula Allen from TELUS Health. Learn how to create genuine connections in the workplace. #EmployeeWellbeing #Productivity
4. How has the pandemic impacted loneliness across different age groups? Paula Allen shares valuable insights on the rising trend of loneliness and the importance of social connections for mental and physical health. #PandemicImpact #SocialConnections
5. From awareness to action: Learn practical tips to address loneliness personally and in the workplace with Paula Allen from TELUS Health. Take control of your mental health and build trusted relationships for a healthier work environment. #MentalHealth #WorkplaceWellness

## Facebook Post

### **New Podcast Episode Alert!**

Hey everyone! I am thrilled to announce the release of our latest podcast episode featuring Paula Allen, Senior Vice President of Global Leader Research and Client Insights at TELUS Health. In this episode, we delved deep into the topic of loneliness in the workplace and how it has been exacerbated by the

shift to hybrid and remote work. Here are three key takeaways from our insightful conversation with Paula:

1. **The Importance of Trusted Relationships** : Paula highlighted the significance of trust in combating loneliness. It's not just about the number of connections we have but the quality of those connections. Building trusted relationships where individuals feel supported and cared for is crucial in reducing feelings of isolation.
2. **Impact of Remote Work on Loneliness** : We discussed how remote work can both enhance and hinder social connections. While technology allows for communication, it's essential to ensure that remote work doesn't lead to isolation and disconnection. Maintaining inclusive communication and fostering shared experiences can help bridge the gap.
3. **Addressing Loneliness Personally and in the Workplace** : Paula shared valuable insights on addressing loneliness both personally and in the workplace. From seeking a balanced diet for your mind by engaging in varied experiences to actively reaching out to others and seeking professional help when needed, there are actionable steps we can take to combat loneliness.

This episode is packed with valuable information and practical tips on navigating loneliness in the modern workplace. Tune in to gain a deeper understanding of this critical issue and learn how to foster meaningful connections in your personal and professional life. Listen to the full episode now on [insert podcast platform link].

Let's work together to create a more connected and supportive environment for everyone. 📺 #Loneliness #WorkplaceWellness #PodcastEpisode #ConnectionIsKey

# Instagram Caption

1. Join me and Paula Allen from TELUS Health as we dive deep into the impact of loneliness in the workplace and how to combat it. 📺 #Loneliness #WorkplaceWellness
2. Discover the surprising effects of loneliness on mental health and productivity in our latest podcast episode with Paula Allen. 🎧 #MentalHealthMatters #Productivity
3. Are you feeling isolated in the remote work world? Learn how to create genuine connections and combat loneliness with expert insights from Paula Allen. 📺 #RemoteWork #ConnectionIsKey
4. From the World Health Organization's declaration to practical tips for personal well-being, our podcast episode with Paula Allen covers it all. Tune in now! 📺 #WellnessTips #PodcastDiscussion
5. Feeling overwhelmed or lonely? Find out how to seek support and build trusted relationships in our enlightening conversation with Paula Allen. 📺 #SupportSystem #MentalHealthAwareness

# TikTok Caption

- Feeling lonely in a hyper-connected world? 📺 Listen to this podcast episode with Paula Allen from TELUS Health to learn more! #Loneliness #MentalHealth
- Are remote work and loneliness connected? 📺 Find out in this insightful podcast episode featuring Paula Allen from TELUS Health! #RemoteWork #Podcast
- Discover the impact of loneliness on your health and productivity in this eye-opening podcast episode with Paula Allen from TELUS Health! #HealthImpact #Productivity

- Struggling with loneliness? Get practical tips and insights from Paula Allen
- at TELUS Health in this must-listen podcast episode! #LonelinessTips  
#Wellbeing
  - Learn how to combat loneliness personally and in the workplace in this engaging podcast episode with Paula Allen from TELUS Health!  
#CombatLoneliness #WorkplaceWellness