

7-Day Anti-Loneliness Plan for Remote Workers

Build stronger connections, boost your well-being, and feel more grounded in your remote work life.

Each day includes:

- A **connection challenge** to prompt interaction
- A **self-assessment question** to reflect on how you’re feeling
- A **journaling prompt** to deepen self-awareness

Day 1: Reconnect

Connection Challenge: Reach out to a colleague or peer you haven’t spoken to in a while. Send a quick message or voice note just to check in.

Self-Assessment: When was the last time I had a nonwork conversation during my workday?

Journaling Prompt: Who in my network makes me feel supported, and how can I connect with them more regularly?

Day 2: Share Something Personal

Connection Challenge: Start your next video call with a fun “nonwork” icebreaker—like a favorite movie or weekend plan.

Self-Assessment: Do I let others see the personal side of me at work, or do I stay strictly professional?

Journaling Prompt: What do I wish others knew about me? How might sharing a little more strengthen trust?

Day 3: Try Virtual Coworking

Connection Challenge: Sign up for a Focusmate or virtual coworking session. Work silently alongside someone else online.

Self-Assessment: How does being seen during work hours affect my motivation or focus?

Journaling Prompt: How do I feel after shared work time—energized or drained? What does that tell me about my social needs?

Day 4: Take a Walk-and-Talk

Connection Challenge: Invite a colleague or friend to join you for a phone call while you both take a walk.

Self-Assessment: How much time do I spend physically moving during the day?

Journaling Prompt: What ideas or conversations come more easily when I’m not at my desk?

Day 5: Shout Out Gratitude

Connection Challenge: Send a quick thank-you or shoutout message to someone who helped or encouraged you this week.

Self-Assessment: When was the last time I expressed appreciation to someone at work?

Journaling Prompt: Who made a positive impact on me recently, and how did it make me feel?

Day 6: Create a Comforting Ritual

Connection Challenge: Design a personal routine that brings comfort—like a midday tea break or end-of-day music playlist.

Self-Assessment: Do I have any consistent rituals that signal the start or end of my workday?

Journaling Prompt: What daily ritual helps me feel grounded? How can I protect that time?

Day 7: Reflect and Reset

Connection Challenge: Journal or voice-record a reflection on your week—what worked, what didn’t, and what felt meaningful.

Self-Assessment: Do I feel more connected now than I did a week ago?

Journaling Prompt: What’s one new connection habit I want to keep next week?

Tip:

Post this plan near your workspace or save it digitally. Revisit or adapt the activities whenever loneliness creeps in.

