Readings on social connections in the workplace

Social Connections Matter

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References

Getting started flyer

Positive social connections keep us happier and healthier throughout our lives.
Harvard Study of Adult Development. https://www.adultdevelopmentstudy.org/

No matter your age, gender, background or role, social relationships are crucial for promoting physical and mental wellbeing.
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After an illness, trauma, accident or workplace injury, social factors play a big role in returning to work.
Maceachen, E., Kosny, A., & Ferrier, S. (2007). Unexpected barriers in return to work: lessons learned from injured worker peer support groups. Work, 29, 155-164

Social isolation and low levels of social support is associated with the worsening of a host of medical conditions.
Xia, N., & Li, H. (2018). Loneliness, Social Isolation, and Cardiovascular Health. Antioxidants & redox signaling, 28(9), 837–851. https://doi.org/10.1089/ars.2017.7312

Research has shown that strong social connections in the workplace have a positive impact on workers' mental, emotional and physical health, leading to improved outcomes for businesses.
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Prevention fact sheet

Strong social connections in the workplace have a positive impact on an employee's mental, emotional and physical health, leading to improved outcomes for businesses.
Australian Government Department of Health. 2019. Head to Health.
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Recovery fact sheet

Contacting your worker in the first two days builds trust and can see around a 400% improvement on return to work outcomes.
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