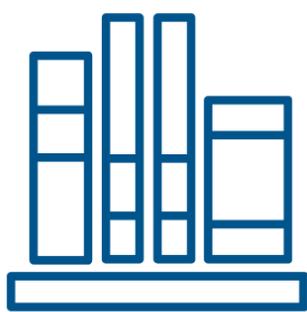


HOW TO SUPPORT YOUR REMOTE WORKERS WITH MENTAL HEALTH AND WELLBEING



CREATE WELLBEING KPIS

If you're going to support your workers with wellbeing, you need to make 'wellbeing' something that is actively measured in your organisation. It's easy to onboard short term solutions but rigid wellbeing policies are long term and habitual. GoVox uses 'Happiness' as a KPI, making this easier for your organisation to measure.

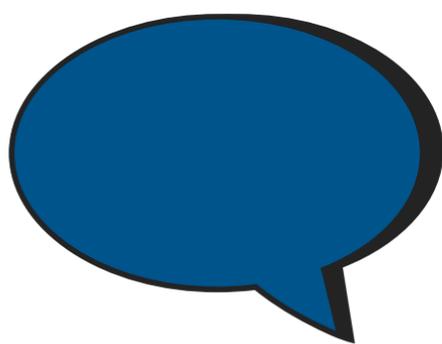
KEEP THEM THINKING

Working from home can be inherently quite boring. Not only is it isolating but sometimes the work can lack the mental reward as there aren't colleagues around to celebrate with. Why not create weekly competitions, or create rewards for employees that think outside the box?



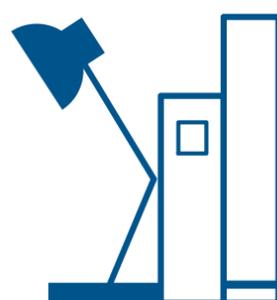
COMMUNICATE OFTEN

The key to successfully managing a remote workforce is to communicate often. You need to communicate **EVEN** more often than you might otherwise. You can for example set up a WhatsApp as well as email, sign up to a project management tool and schedule regular calls. You have to check in with your people to make sure they're okay (so don't just talk about work!)



ENSURE THEY HAVE A GOOD WORKSTATION

Some people working from home sit in the kitchen in an uncomfy chair. Some sprawl out on the sofa with the dog at their feet. Whatever they do, you should ask them if they need anything to help their working from home. Could they do with a comfortable chair, or a new laptop?



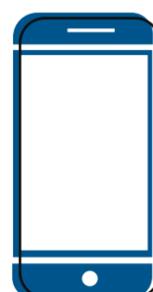
THINK ABOUT THEIR MENTAL HEALTH

This may sound obvious given the title of this infographic, but stop and really think about the mental health of your people. They're all different, they all have different concerns and handle things in their own ways. Remote working can really make it harder to manage themselves, so you should bear this in mind when reaching out to your people.



USE TECHNOLOGY TO 'CHECK IN' WITH THEM

At GoVox, we utilise our innovative online platform to support Wellbeing and Mental Health in organisations of all shapes and sizes. Schools and universities, sports clubs, large corporates and more all utilise GoVox to Check In with their teams and prioritise the conversations that matter around Wellbeing and Mental Health.



CHECK IN FOR FREE NOW, AMIDST UNCERTAIN TIMES