

Reconnecting with Connection in a Sea of “Likes”

Description

I can have 1,000 virtual friends, but nobody to feed my cat, nobody to ask to go and pick up a prescription at the pharmacy, but 1,000 people who are giving me likes and dislikes, and all kinds of things that are now becoming the foundation of my self-esteem. And that’s a different kind of loneliness. — therapist Esther Perel on New AI- Artificial Intimacy ([Brené Brown podcast episode Unlocking Us](#))

In a world where we are increasingly connected through technology, we often neglect the deeper, more meaningful connections that sustain us. The numbers tell a powerful story. Gallup’s *State of the Global Workplace: 2024 Report* highlights that 1 out of 5 employees globally feel lonely—a statistic that should give us pause.

What is it about our increasingly interconnected lives that leaves so many of us feeling isolated? Perhaps it’s because virtual relationships, while convenient, lack the depth and richness that face-to-face interactions offer. We are wired for human connection, but in the busyness of life, it’s easy to overlook this fundamental need.

Think about your day-to-day interactions. Are you reaching out to others with genuine intent, or are your connections primarily transactional? The quality of our relationships directly impacts our emotional well-being, performance, and resilience.

When was the last time you had a conversation that went beyond small talk?

Loneliness is more than a personal issue—as the Gallup research shows us, it’s also a workplace challenge. Disengaged and disconnected employees often struggle to bring their best selves to work. Building a culture of connection, where people feel seen, heard, and valued, can dramatically impact engagement and productivity.

If you’re a leader of others, ask yourself:

- Am I fostering a work team environment that encourages real human connection?
- How often do I check in with my team on a personal level, beyond project updates and deadlines?
- How often do I check in with my remote team members beyond task-related updates?
- Where can I make space in my day-to-day leadership for moments of connection, empathy, and support?

Employees who work remotely 100% of the time report higher percentages of loneliness according to Gallup. If you’re a fully remote employee, take a moment to ask yourself:

- How do I intentionally foster connection with my team despite being remote?
- Am I creating opportunities for casual, non-work-related interactions with colleagues?

- Have I been proactive in reaching out to colleagues or participating in virtual social activities with my team or the organization?

Meaningful relationships require intention. While it's easy to feel lonely in a world where we communicate through screens, intentionality can shift the dynamic. Have you checked in on your people? Have you sought out connection when you're feeling lonely yourself? **Let's not underestimate the power of human connection.**

Take a moment to ask yourself:

- Have I made an intentional effort to connect with someone today, for my own sake or theirs?
- Am I relying too heavily on virtual communication to meet my emotional needs?
- What would it look like if I invested more in the relationships that truly matter to me?

If you're experiencing an underlying sense of loneliness in your life right now, how can you reconnect with connection? I invite you to reflect on the opportunities for connection this week. Whether in the workplace or your personal life, are you prioritizing genuine human connection? And if not, what small steps can you take today to change that?

Category

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Tags

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