



I AM TRACEY KNIGHT
Organizational Culture Solutions

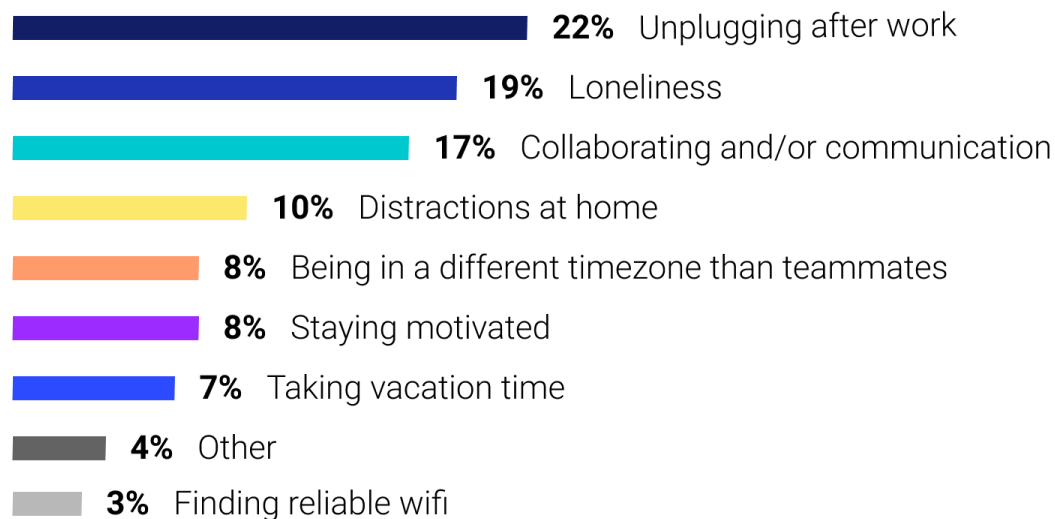
Overcoming Separation Anxiety and Staying Connected

Participant Toolkit

OVERVIEW:

Isolated-Together, a mantra used in the wake of COVID-19 to encourage people to honor a global call-to-action to practice physical distancing while staying socially connected with one another. Connection is a basic Human need and yet we live in a world where we have the option of never leaving our home to shop, work, play or interact with others. As technologically connected as we may be, life can feel very detached and lonely especially if you are new to teleworking. In this session, you will learn how to build an interdependent life of rich rather than superficial connections with self and others.

What's your biggest struggle with working remotely?



State of Remote Report / **2019**

buffer.com/state-of-remote-2019



How Do You Relate to Self and Others?

Separation Anxiety

People with **adult separation anxiety** disorder experience high levels of fear or **anxiety**, and sometimes even panic attacks, concerning **separation** from those to whom the individual is attached, especially loved ones.

Relationship

- State of being connected in fellowship and intimacy as characterized by agreement, mutual understanding, and empathy that makes love, support and communication possible.

Connectivity

- How relationships are magnified and shared, how ideas are passed, how traditions are experienced.

Attached

- Permanently **fixed or tied to** a person, place, thing, condition, or mindset.

Dependent (You)

- Healthy: I rely upon your support without being defined by you.
- Unhealthy: You take care of me
- Unhealthy: You did not tell or let me.
- Unhealthy: I blame you for the results.

Independent (I)

- Healthy: I am self-reliant.
- Healthy: I am responsible for me and all results.
- Healthy: I am intuitively led.
- Unhealthy: I am on my own.
- Unhealthy: I will do it alone.
- Unhealthy: I do not ask for help.



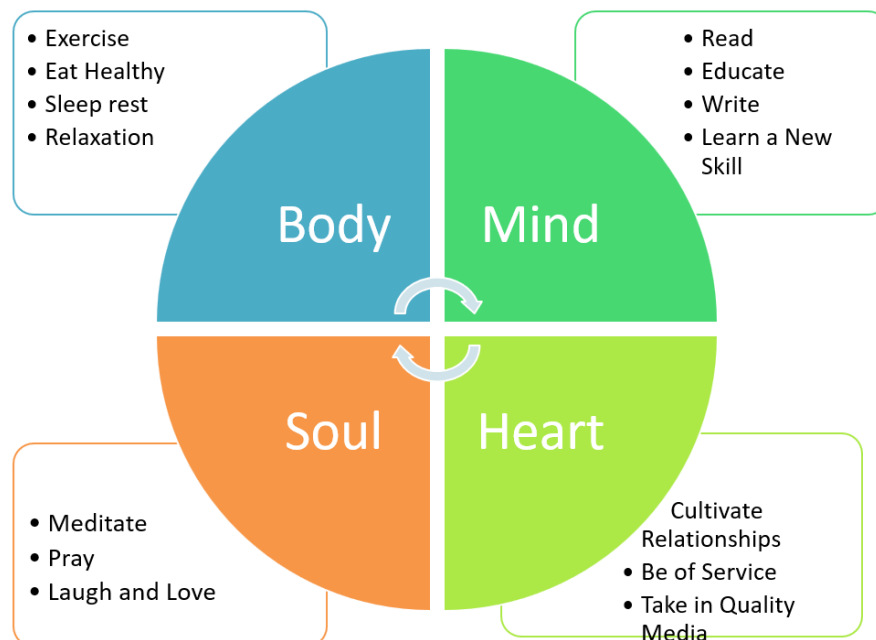
Inter-dependent (We)

- We can do it. We choose to cooperate.
- We are combining our talents and abilities to create something great together.

7-Habits of Highly Effective People

Habit #7: Sharpen the Saw

- Preserving and enhancing the greatest asset you have—YOU!
- Having a balanced program for self-renewal in the four areas of your life:
 - **Physical**
 - **Social/Emotional**
 - **Mental**
 - **Spiritual**





Benefits of Solitude

- **KNOW THYSELF**
 - Enjoy Your Own Company
 - Discover your needs, wants and areas of change
 - Find Your Voice (not group thought)

- **INCREASES CREATIVITY**
 - Hear Spirit
 - Engage in things you enjoy
 - Do anything you want

- **BUILD MENTAL STRENGTH**
 - Clear your mind
 - Reboot your brain
 - Recharge your body

- **HELPS IMPROVE DEPRESSION SYMPTOMS**
 - Deal with and let go of Stress
 - Process your thoughts and feelings

- **INCREASES PRODUCTIVITY**
 - Concentrate, Focus and More Done in Shorter Time
 - Tackle To Do List

- **OPPORTUNITY TO PLAN**
 - Think and Feel
 - Solve Problems



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- **RELATE DIFFERENTLY IN RELATIONSHIPS**

- Know Your Truth
- Empathize, be compassionate and understanding towards others

NEXT STEPS TO MASTERING TELEWORKING

Find balance with the time you spend with self and others.

- ✓ Schedule It
- ✓ Get Up / Get Out / Get In Early
- ✓ Disconnect | Connect
- ✓ Create a Space / Close Your Door
- ✓ Use Your Lunchtime