

# The Importance of Social Connection



Fostering social connections is vital for any healthy work environment, but especially for election offices. Prioritizing moments of social connection can have a positive impact on your well-being and team cohesion.

## BENEFITS

- Enhanced teamwork and collaboration
- Reduced feelings of isolation and stress
- Improved overall job satisfaction

## QUICK EXERCISE/ACTIVITY

### Two-Minute Icebreaker

- 1 Start a team meeting with a quick icebreaker activity. This can be a fun question, a virtual game or a simple check-in. Some examples are [listed here](#).
- 2 Encourage team members to share a brief update or personal highlight.
- 3 Keep it lighthearted, but office appropriate, and inclusive to create a positive and connected atmosphere.

### Lunchtime Social Break

- 1 Dedicate one lunch break per week, or as able, to a virtual or in-person social gathering with colleagues.
- 2 Use this time to discuss non-work-related topics, shared hobbies or engage in a casual game, such as a board or card game.
- 3 Foster a sense of camaraderie and connection outside of formal work discussions.

## Additional Tips

- Consider organizing team-building activities or events outside of regular work hours when work loads are lighter.
- Celebrate various holidays, anniversaries or birthdays of team members.

## Tips for Incorporation

- Incorporate brief social moments into regular team meetings to maintain connection.
- Encourage open communication and make an effort to connect with different team members regularly.
- Be sure to engage all staff, from temporary workers to full-time employees.
- Build a network of folks in similar positions in other election offices. Schedule regular virtual calls, perhaps over the lunch hour, to connect and check in with each other.

## Additional Resources

For more tips and information about the importance of fostering social connections at work, check out [The Work and Well-Being Initiative](#), a joint Harvard and MIT research-for-action initiative.



## CONCLUSION

Social connections are the backbone of a thriving work environment. By integrating quick and enjoyable social activities into your routine, you'll not only strengthen your team dynamics but also contribute to a more positive and supportive workplace culture.