

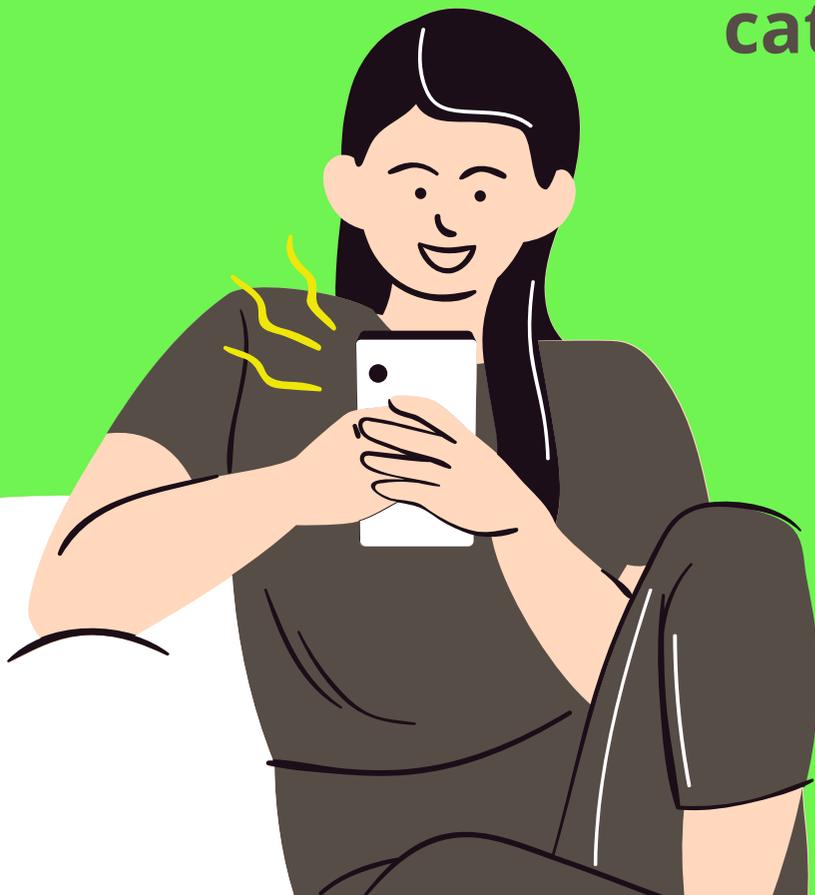
Reconnect with people
this New Year



1

Send a quick text

For example, 'Hey, it has been forever since we last met. It would be great if we could catch up again!'



2

Share memories

If you come across any old pictures send it their way with a short message



3

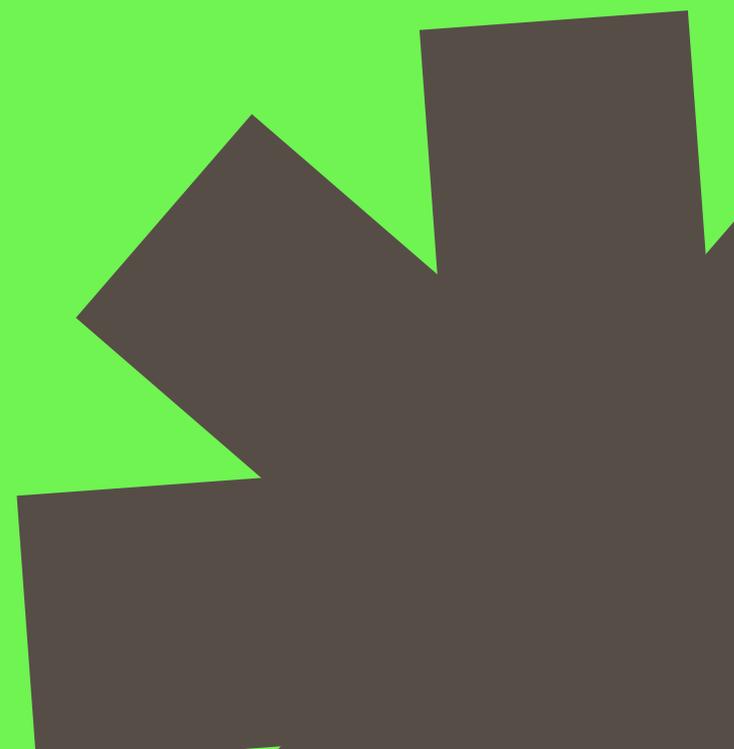
Share an activity

Plan to see the same movie or read the same book



4 Video call

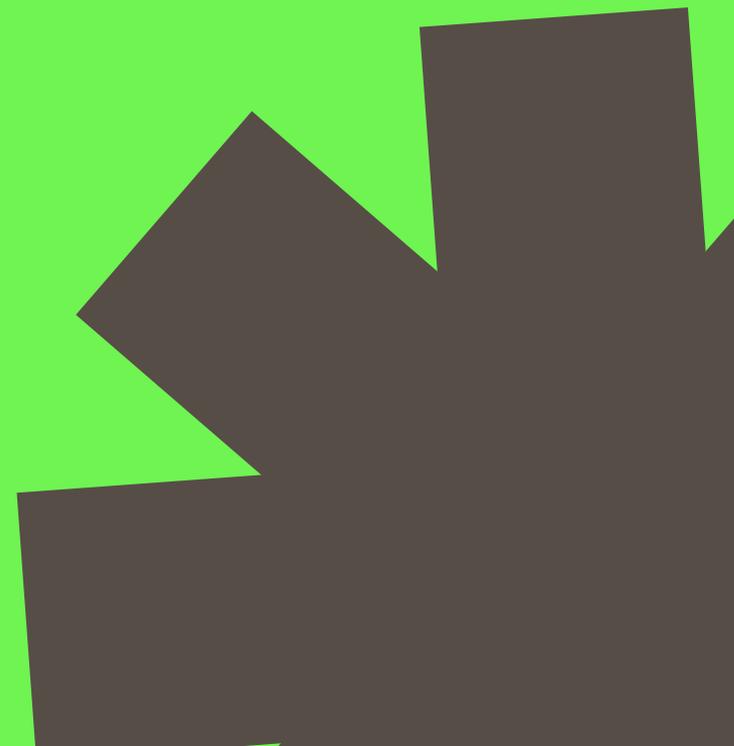
Having a face-to-face conversation is a great way to reconnect



5

Plan ahead

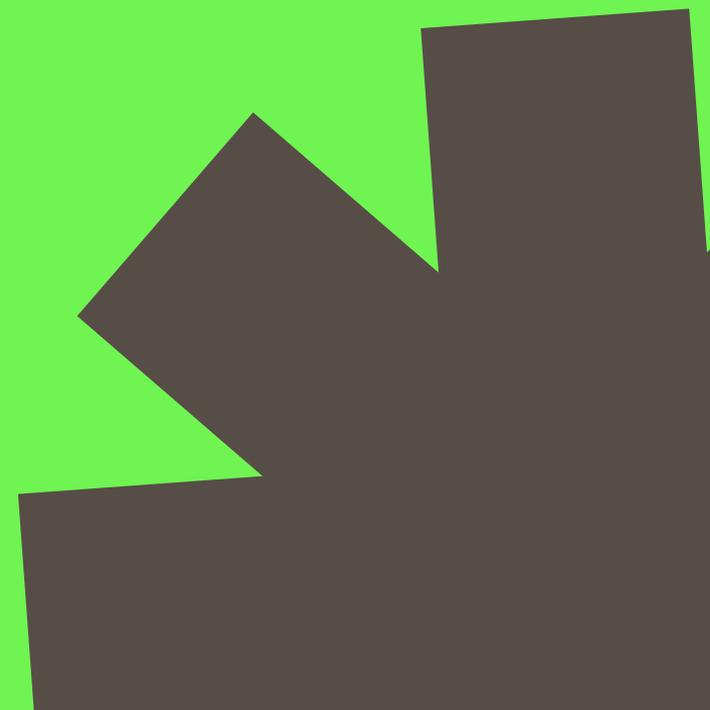
Spontaneous meet-ups are great but rarely happen. Schedule your get-togethers



6

Share life events

If you live away from your friends and family; share pictures, videos and voice notes



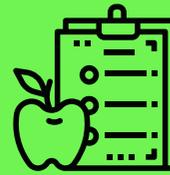
Make efforts to help your employees stop and reconnect with their wellbeing needs



Counsellors



Doctors



Nutritionists



Diagnostics



Pharmacy



Finance advisor



Newsletters



Self-assessments



Live classes



Articles



Videos



Webinars

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