

FOR IMMEDIATE RELEASE

Media inquiries: pr@evelynennor.com

4 Ways Employers Can Improve Well-being of Remote Workers in 2021

Toronto, Ontario – May 15, 2021 -- With more employees working from home than ever before – it's predicted numbers will double worldwide in 2021 – remote work poses unique challenges that can increase stress, reduce well-being, and lead to burnout.

"Employers understand that the mental and physical health of their employees is even more critical during this time of massive upheaval and change due to Covid-19," says holistic health educator and stress management specialist Evelyn Ennor.

Pre-pandemic, employers had come a long way in recognizing the importance of employee wellness as a vital way to keep their workforce satisfied, engaged and productive.

But there's still a lot of work to be done. An Aetna International study, for example, found that just 25% of employees recently rated the support they received from their employer for stress as 'good.'

In her [recent blog post about remote work](#), Evelyn suggests several key action steps that managers in particular can take:

- Build meaningful relationships with employees through more frequent communication, like one-to-one in person meetings for informal chats, or email them to show appreciation for jobs well done.
- Encourage regular team contact by making a daily call to their team, introduce virtual water cooler breaks and lunches, and don't digitally monitor their every movement.

- Be proactive to prevent employee burnout by issuing clear and manageable work goals, set realistic timelines, and provide support when needed.
- Offer incentives to make work-life balance easier such as subsidizing commuting costs or providing flexible on-site hours so employees can better accommodate child care or elder care needs.

There are pivotal ways that employers can support their employees and employees can also make working from home less stressful. It's all about openly working together to find the right solutions.

About Evelyn Ennor

Evelyn K. Ennor is the principal of Toronto-based EvelynEnnor.com. Since 2004, she has been dedicated to teaching holistic stress management techniques in the workplace. She shares her wealth of wellness knowledge with the goal of empowering and inspiring individuals to improve their well-being.

###