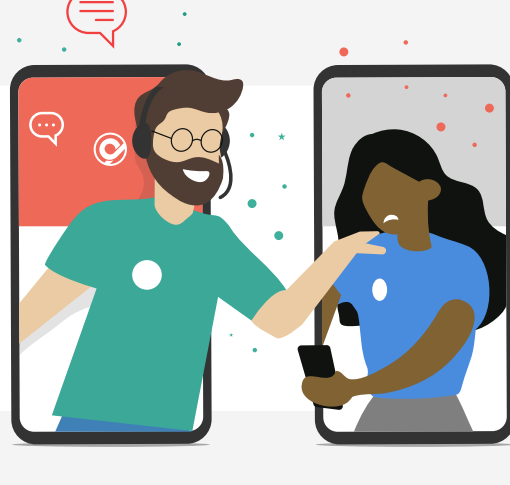


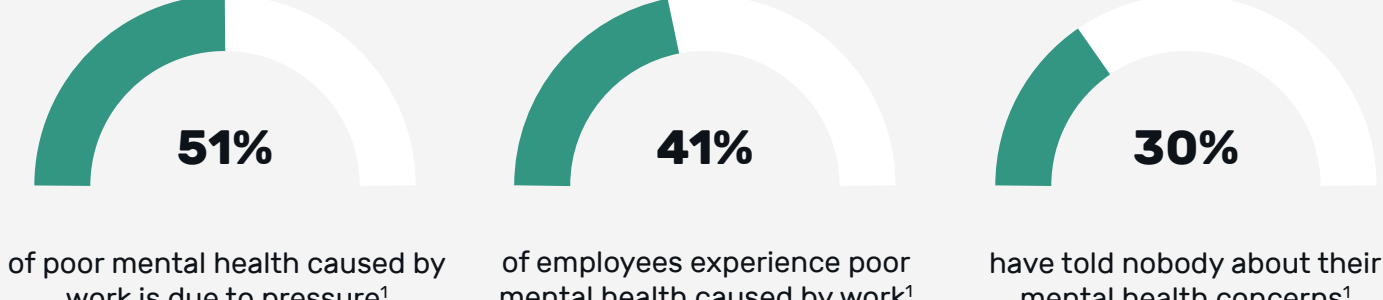
The benefits of voice interactions on workplace mental health

We need to talk...

A primary pillar of mental health care is having a connection with others. Supportive communication fosters stronger working relationships, while poor communication can increase workplace stress.



Let's talk numbers...



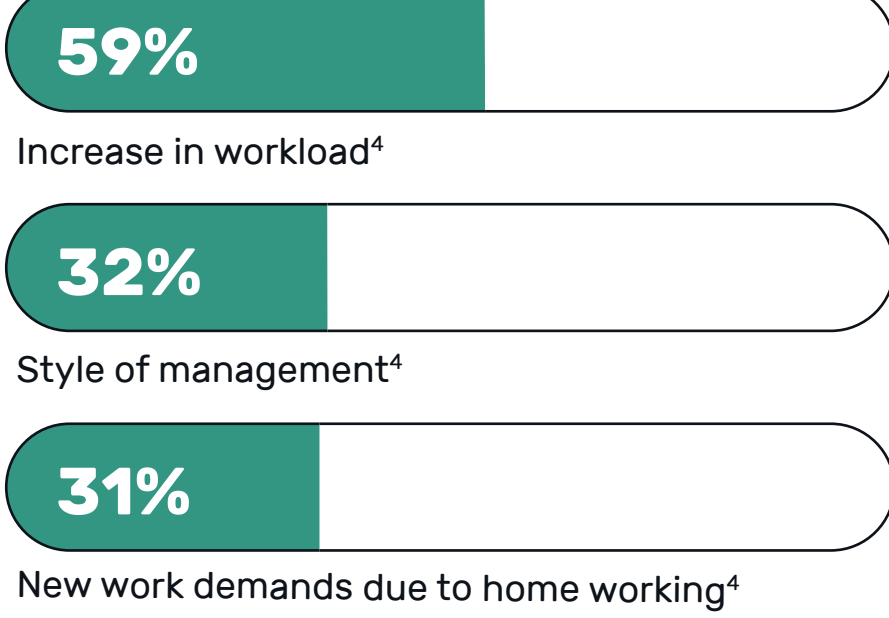
"Having a job is good for our health, but the quality of our jobs makes a difference."²

Duncan Selbie, Chief Executive - Public Health England

£45 billion Cost of mental health-related sickness to UK employers³



Common workplace stressors



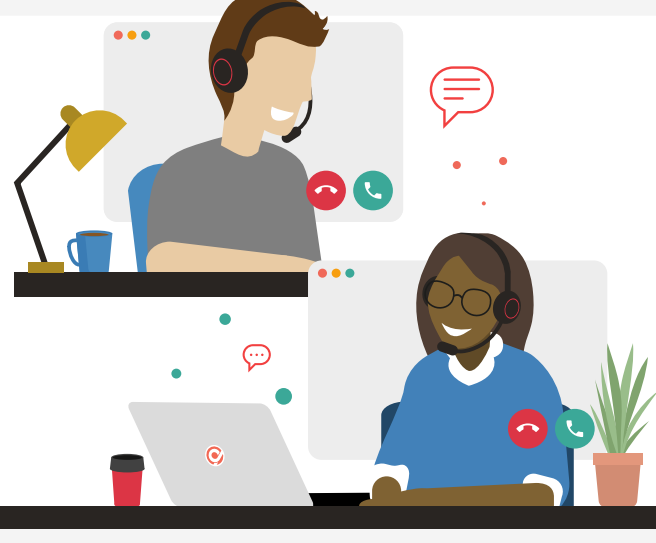
"People feel significantly more connected through voice-based media."⁵

Amit Kumar, Marketing Professor - McCombs School of Business

Type less, talk more

A recent study has shown **voice communication to be the best channel for boosting mental health.**⁶

That's right, negative feelings could be mitigated with a simple phone call.



The voice intervention

10 minutes

Time it takes for a phone call to begin decreasing loneliness⁶

Show you care

You're not sending a text, you're sharing your time. It's a dialogue.

One-on-one calls

Offer levels of personalisation - crucial for managing mental health

Build emotional connections

Any meaning and context is best conveyed through voice calls

Spotlight

Voice calls help to identify the first signs of stress



There's solace in small talk

Mental health first aiders and those that harness the power of voice technology can:



Boost morale



Increase resilience



Improve productivity



Lower sickness absence levels

Give up the ghosting

At times, ignoring a work call can seem tempting (we've all been there!).

The good news? There are simple, effective voice practices that will help you give up the ghosting for good and support your team in the process.



1

Book a weekly phone date with a colleague. **Keep the conversation light** and prioritise the person on the other end of the call.

2

Listen and offer support. Treat disclosures sensitively and confidentially, **referring them to a mental health first aider if necessary.**

3

Encourage your team to **divert calls to voicemail at the end of their shift.** This allows them to properly switch off from work.

4

Sending a brief by email? Don't expect your team to decipher unclear tasks. This can be overwhelming and appear unsupportive. **Call, explain your needs and answer any questions.**

Ready to rediscover the benefits of voice?

Texting, WhatsApp, video chat... the ways in which we can communicate are endless. Yet, digital fatigue and loneliness have never been more real. It's time to rediscover the power of voice interactions.

It's your call.

Get in touch today to find out how CircleLoop can empower and support your teams, no matter where they're based.



References
 1. <https://www.bitc.org.uk/fact-sheet/mental-health-at-work-2020-infographic/> 2. <https://twitter.com/healthfdn/status/1125800687948967936> 3. <https://blog.redcrossfirstaidtraining.co.uk/poor-mental-health-costs-uk-employers-45-billion-a-year-how-can-you-make-a-difference-in-your-organisation> 4. <https://www.statista.com/statistics/1134031/causes-of-stress-at-work-in-the-uk/> 5. <https://www.sciencedaily.com/releases/2020/09/202009114113.htm> 6. <https://edition.cnn.com/2021/02/23/health/loneliness-phone-call-study-wellness>

