 Breaking the Cubicle 

Often times we can get so consumed with getting a task done that we isolate ourselves. Little do we know, we are cultivating a habit of loneliness. Loneliness can be described as negative long-lasting emotions that are provoked when one has a lack of social connection with others (McWhirter, 1990). It is even said that one can feel the loneliness when in the presence of other people. Studies indicate that the organizational climate serves to simultaneously predict the emotional deprivation factor of loneliness and employee attitudes. Furthermore, loneliness can affect one’s overall wellbeing.

*Here are three aspects that contribute to loneliness in the workplace*

**Isolation**

Isolation refers to the objective condition of having few social ties, a lack of integration into current social networks, the diminution of communication with others and being cut off from intimate ties for an extended period of time (Rook, 1984a).

**Alienation**

Alienation refers to a form of powerless self-estrangement (Hancock, 1986). When

people are alienated they feel like they don’t belong to the social world. Alienation is

the separation from social institutions and feeling powerless and normless (Bell,

1985).

**Solitude**

According to Gotesky (1965, p. 236) solitude is “that state or condition of living or working alone … without the pain of loneliness or isolation being an intrinsic component of that state or condition”.

However, there are many ways that we can limit loneliness with in the workplace:

**Break out and connect!**

* Leave your “cubicle” and go introduce yourself to a co-worker that you have never spoken to.
* Make it a point to schedule after work activities to get to know coworkers better.
* Eat lunch and schedule breaks with other coworkers.

If you make an honest effort to use these tips, I believe they will not only help you to **limit loneliness** in your workplace, but it will also help you to connect with others.

**Source:** <http://ir.canterbury.ac.nz/bitstream/10092/1368/1/thesis_fulltext.pdf>

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