

# Stay seen. Stay connected.

Checking in face-to-face, even virtually, makes a difference.

When the days are colder and darker, and seasonal flus go around - even small moments of connection can help lift team spirit. Turning on your camera is a simple way to bring warmth and presence into your workday, no matter where you're working from.

**Staying connected in winter starts with  
being seen - here's why!**

1

## Visibility is legit!

Seeing your teammates builds trust and strengthens workplace relationships.

2

## Expression benefits mental health

Facial expressions and smiles help reduce feelings of isolation.

3

## Be seen. be heard!

We're more likely to be focused and present when we're visible.

4

## Faces creates team culture

The little moments on screen help maintain team vibes and connection.



We provide a confidential and safe space to chat to a mental health professional, at no cost to you.



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