

# WELLBEING AWAY

## WHAT IS THE ISSUE?

Many people travel away from home and family in more or less challenging environments, for different lengths of time and with varying levels of connectivity.



## WHAT DID WE LEARN?

It is useful to think about the experience of being away in five phases:



There are ways to support psychological wellbeing in each phase and therefore to maintain it throughout the experience of being away:

Agree on a main point of contact for communication and think about how intermittent contact might feel.



Sometimes, less frequent, more deliberate contact e.g. by letter, is better than constant use of technology to stay in touch.



While away, doing an activity that is different to the work activity can help to unwind.



Being back can require time for adjustment, our bodies sometimes travel much faster than our psyche. A 'welcome home' party a few weeks after return instead of the day after can help to maintain wellbeing.



The model set out above has been tested through a survey of 400 international students at UK universities, finding that international students who were proactive in their studying abroad strategies experienced greater wellbeing and quality of life. It has also been tested through a survey of over 200 Sodexo employees in foodservice, cleaning and laundry who work away from home at remote client locations in the United Arab Emirates. The survey found that greater use of strategies to cope with working away from home by remote site on-shore employees is associated with:

- greater positive wellbeing (happiness, life satisfaction) in life generally
- a better quality of working life
- more efficient performance of the job.

Find out more by loading the full report: 'Wellbeing Away'

As an in-house 'think-tank', the Sodexo Institute for Quality of Life is inspired by Sodexo's deep conviction that improving Quality of Life leads to the progress of individuals and contributes to the performance of organisations. Its role is to gather and develop insight to help Sodexo understand better what are the levers of Quality of Life.



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