



COVID-19: Supporting Your Employees

How HR & Managers Can Support Employees

- Everyone reacts differently – be tolerant of a range of responses
- Provide information, as much and as quickly as possible
- Be visible and available
- Allow for the need to talk, share, and compare
- Seek consultation for yourself or employees you are concerned about
- Remind employees of counseling support available
- Remember work provides structure and stability

Signs of Stress and Anxiety

- Increase or decrease in energy and activity levels
- Increase in irritability and anxiety
- Trouble with focus – missing deadlines, slow decision making
- Pre-occupied, distracted
- More talking, discussion and seeking information
- What are you seeing?

Managing Stress and Anxiety

- Practice good self-care
- Minimize exposure to media/news
- Get facts from reputable sources
- Acknowledge feelings
- Eat well, go for a walk, talk with family and friends
- Focus on things in life that are going well and what you can control
- Practice relaxation techniques
- Get support from your counseling partner if needed