



COVID-19

DEALING WITH DEATHS AND BEREAVEMENTS

During the Coronavirus outbreak we all need to take care of ourselves. The following advice, for individuals and supervisors, will help you cope with the psychological impact of dealing with death and bereavement.

Looking after yourself

TAKE CARE OF YOUR WELLBEING › Make sure you get enough sleep, eat regular meals, rest and relax.

THINK ABOUT YOUR PURPOSE › Be clear about why you are doing this job, write down your purpose in a few words.

BE CLEAR ON EXPECTATIONS › Make sure you know what is expected of you and whether it is realistic.

KEEP YOUR BOUNDARIES › Establish clear boundaries between work and personal life, don't take work home with you.

TAKE EXERCISE › Taking exercise, e.g. walking, running and cycling can help you relax and increase wellbeing.

TALK TO COLLEAGUES › Make time to talk to your colleagues about your experiences and share fears and concerns.

VALUE YOUR OWN FAMILY AND RELATIONSHIPS › While work is important, your family and relationships need to be valued.

Tips for supervisors

PROVIDE LEADERSHIP › Provide a clear direction and strategy.

BE VISIBLE › Your presence signals concern and care, this is so important in crisis situations.

SHOW COMPASSION › Recognise and respond to concerns, demonstrate care and support.

MAINTAIN STANDARDS › Make sure that the role demands and requirements are reasonable.

SET BOUNDARIES › Have clear boundaries and monitor that the team are looking after their wellbeing.

CREATE SENSE OF COHERENCE › Ensure everyone in the team is clear on their role and working within their competence.

REACH OUT › Make sure that it is safe for team members to say when they have had enough.