



TAKING CARE OF ESSENTIAL WORKERS

WHAT CAN THE TEAM DO?

Work together

Teamworking is critical in reducing stress and achieving goals. Successful teams are mutually dependent and work together for shared goals, results and wellbeing. Teams need to have good leaders and a willingness to collaborate and co-operate.



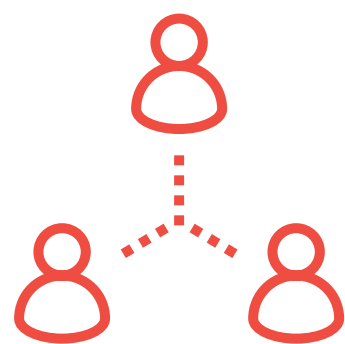
Humour

Together you can motivate each other and provide peer support, use your shared sense of humour to provide emotional distancing from distressing events. Laughter releases tension and binds teams together, however, humour should never be used in a way that belittles the risk of the disease or people's reaction to the situation.

Change

Be prepared to change your habits and ways of working. Be prepared to work with and support other team members particularly new starters who may be volunteers or inexperienced colleagues who lack the knowledge or self-confidence to do the job.

Role Sharing



Role rotation within the team is important so everyone gets the opportunity to do the interesting as well as the less popular or more demanding roles.

Peer Support

Peer support is a very powerful tool in increasing resilience. Have a friendly chat with one of your colleagues or offer them help at a time of distress. Make time to relax with each other to improve the mood and wellbeing of all your team members.