

SUPPORTING YOUR STAFF'S MENTAL HEALTH

BE VULNERABLE

Be honest about your mental health experiences to encourage trust and open the door for staff to talk about stress and mental health.

CHECK IN AND CONNECT

intentionally check in with staff on a regular basis. Give your staff a space to share their questions and concerns openly.

MODEL HEALTHY BEHAVIORS

Encourage self-care and healthy behaviors among staff by doing so yourself. Remember to take care of yourself to help you better care for your team.

BE FLEXIBLE

As much as possible, be flexible where you can with staff. Be both generous and realistic as your team continues to adapt to changes each day.

CELEBRATE SUCCESSES

Continue to recognize and thank your staff for the positive impacts they make each day. Now more than ever, it is important to remind your team that their hard work and dedication is seen and appreciated.

COMMUNICATE OFTEN

Communicate with your staff more than you think you need to. Make sure you keep them informed about any changes or updates and be clear in expectations to help remove stress.