

TIP SHEET FOR FOREMEN & SUPERINTENDENTS

As leaders in your organization it's important to model your expectations and support your crew of essential employees in dealing with their reactions to COVID-19, many of which you also are experiencing.

BE INFORMED

Promote trusted sources of information such as the Centers for Disease Control (CDC) or the World Health Organization (WHO). Limit news/media consumption to 15 minutes in both the morning & the evening.

RECOGNIZE STRESSORS FOR ESSENTIAL WORKERS

Fear of contracting the virus; Fear of infecting loved ones (if living together); Isolation & loss (If living apart); Chronic trauma; Feelings of anxiety & overwhelm; Pressure & hyper-responsibility; Dealing with the stigma (people fearing contracting the virus from them, social judgement because of putting your family at risk by doing your job); Fear of unknown and uncertainty of the future and Feelings of guilt or resentment.

RECOGNIZE STRESSORS FOR FAMILYMEMBERS OF ESSENTIAL WORKERS

Fear and concern for the health & safety of essential worker, themselves & other family; Adjustments to working from home (if they also work); New demands with parenting & homeschooling; Challenges managing uncertainty & change; Loneliness and Resentment, Anger & Guilt.

PROMOTE DISCUSSION

Encourage crew to check in with each other and to share strategies for adjusting to this new way of living, our new normal. It may be helpful to create a buddy system for workers to pair off and promote them checking in with one another frequently every day. Create new routines.

PROMOTE GOOD PHYSICAL & MENTAL HEALTH

MOVE- Stay physically active, Get enough sleep & rest; Stay hydrated; Avoid excessive caffeine or alcohol; Eat Healthy foods. Stay Connected & reach out to others as it is mutually beneficial.

Redirect subordinates who you are concerned about or whom you see as struggling to contact TEAM-MN to have a conversation with one of our counselors. Feel free to contact us to talk about how to have the conversation.

Take Comfort in the Fact That All of Us Are Going Through This Together



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