IDEAS TO SUPPORT EMPLOYEE MENTAL WELL-BEING DURING THE PANDEMIC

- Convene a group of interested team members from many parts of the organization to brainstorm ideas.
- Create team member support groups.

- Use an onsite place of worship for prayer and shared grieving.
- Partner with local community organizations for mental health resources.

- Host activities that cultivate a spirit of fun and camaraderie (e.g., themed days, special meals, giveaways, etc.)
- Identify a de-stress room with quiet music and cards that suggest ways to take 5-minute breaks.

- Provide supports that ease team member burdens like staff laundry, providing groceries, assisting with transportation, or establishing onsite childcare.
- Create group texts with reminders about self-care, encouragement, and appreciation from leadership.