

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.