



Ideas for Checking In With Your Employees



Human connection. Added stress and more remote work make it important to approach team members as people, and not just workers.

- Acknowledge it's a hard time and empathize.
- Point employees to resources your company offers.

Realistic expectations. Life disruptions can make people less focused and productive.

- Set realistic expectations for yourself and your team.
- Remind employees to be compassionate with themselves and others.

Friendlier meetings. Employees working at home have lost the office's built-in sociability. There's no chatting in the hall or at the copier.

- Set aside meeting time for personal contact, like joking and sharing.
- Encourage people to talk about things such as family or hobbies.

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Behavioral Health Employee Support Ideas Card ER

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