

Leading In Times Of Uncertainty

What Employees Can Do

GOING WELL DO BETTER

Join

Join initiatives and get involved to make a difference for impacted families and communities. From financial to practical ways of helping, all of us can make a difference

[\(click here for resources\)](#)



Self-Care

Care for yourself by building habits of healthy sleep, diet, outdoor activities and disengaging from news. Talk to an (occupational) health professional when you are not coping on your own



Other-Care

Care for those around you, from colleagues to family to friends (incl veterans who may be struggling). Become familiar with resources and support that may help them



Listen

Listen and practice empathy, as everyone responds differently – and often for a reason. Make an extra effort to understand others, and role-model attitudes of respect and kindness



Channel

Channel any anger, disappointment, or frustration when you are triggered by a news item or response from a colleague or friend, until you find a constructive way to handle them



Feedback

Provide feedback to your leadership on the organization's stance, response and involvement in the current crisis. What resonates, what could be done better/more?



Check

Friday Spot-Check: Friday Spot-Check: how are you doing, how are you supporting those around you, what else can you do for yourself and others?