

COPING WITH COVID-19: TEAM SESSIONS

Teams are working hard in these uncertain times due to COVID-19, and the stress of COVID-19 can take a toll on teams. Coping with COVID-19 Team Sessions are a service leaders can request to bring their teams together to talk about the stress and relevant issues relating to working during COVID-19.

Facilitators: Sessions are facilitated by team members from CW/PHSA Workplace Wellness, PHSA Leadership Development, CW Head of Psychology, and CW Practice Lead for Social Work.

Session Topics:

Topics can range based on the needs of the team – here are some examples:

- *Where Should I Put My Toothbrush? - How to keep your family 'safe' when you go home from work on-site?*
- *Personal Wellness at Work - Break time activities, mindfulness, etc.*
- *Personal Wellness at Home - When your normal self-care activities might not be available*
- *Team Wellness – Supporting each other as a team*
- *Communication – What to think about when communicating when you/others are under stress*
- *Handling Conflict – How to navigate tense moments*
- *Creating Team Norms – How can we best work together now? Expectations of one another and our team*
- *Supporting Family and Friends with their Needs (Emotional, Logistical, etc.)*
- *Fear and Coping with Uncertainty*
- *Grief and Loss Reactions*

How to book a Coping with COVID-19 Team Session:

- **Leaders, please email PHSA Workplace Wellness (workplacewellness@cw.bc.ca) with the subject line: COPING WITH COVID TEAM SESSION**
- **Indicate the date and time** that you would like the Coping with COVID Team Session to occur
- **Let us know the session length:** 30-60 minutes (Leaders can decide what's best for their team)
- **This session can be virtual, or a combination of virtual and in-person** (with appropriate physical distancing) – if you have a preference, please let us know