

# Supporting Staff Wellbeing Virtually

**CREATE A SENCE OF COMMUNITY.** PLAYGROUND DANCE OFFS, VIRTUAL TEA BREAKS, QUIZES AND CHALLENGES

**SEND A WELLBEING PACKAGE.** FILLED WITH ITEMS THAT HELP SUPPORT WELLBEING E.G. HERBAL TEA, QUIZ SHEETS, GUIDED MEDITATION, A TREAT, SLEEP SPRAY.

**CHECK IN.** PROVIDE VIRTUAL CHECK INS WHERE EVERY STAFF MEMBER CONNECTS WITH A MEMBER OF THE SLT TO HAVE A MEANINGFUL CONVERSATION.

**BUDDY UP.** PROVIDE PEER SUPPORT BY BUDDYING UP MEMBERS OF STAFF WITH OTHERS FOR THEM TO BE ABLE TO ASK FOR HELP, ADVICE AND I.E. OFFLOAD WHEN NEEDED.

**COMMUNICATE.** OFFER CLEAR, POSITIVE COMMUNICATION ON A REGUALR BASIS THAT PRAISES AND SIGNPOSTS STAFF MEMBERS TO SUPPORT SERVICES LOCALLY AND NATIONALLY.