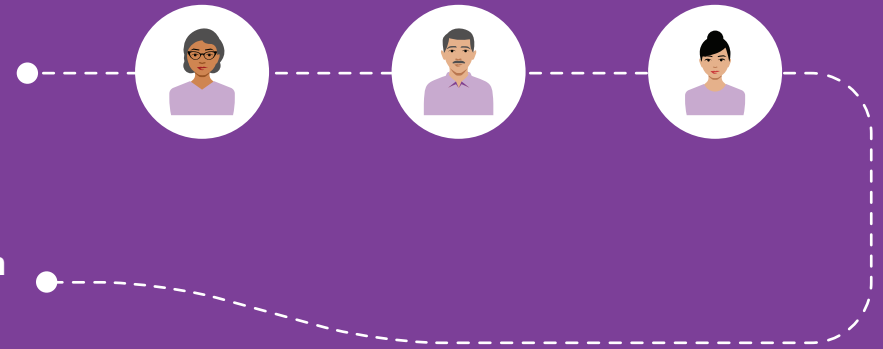


5 ways to support remote workers during COVID-19

Responsible for globally mobile workers or employees new to working from home? Support them with these tips for well-being in times of uncertainty.



1. Create safe spaces

Be empathetic, clear, open and available to employees. Understand how their work and their lives are impacting each other right now. Encourage them to express their concerns without fear of judgment or negative consequences.

2. Keep them engaged

Being fully absorbed in a task can make time go by and bring calm and focus that enhances well-being. Find the balance between micromanaging and checking in regularly on their progress. Be flexible with expectations.

3. Stay connected



Social distancing can be tough on those who live alone or aren't used to working remotely. Combat isolation by starting a 'buddy' system for your team. Communicate online face-to-face whenever possible, and rotate meeting leaders to keep people involved.



5. Inspire creativity

Keep everyone's spirits up through fun remote activities such as team quizzes, bake-offs or painting competitions. Get ideas from your team! It can also be a good time to learn something new through online training programmes.

4. Share wellness resources



Your Employee Assistance Programme is needed now more than ever. Send reminders and links about mindfulness apps, virtual coaching, counselling and other services. Share your personal experiences using these if appropriate.

For more information and useful guidance for employers and employees during this time, read through our hub [Remote working & physical distancing support resources](#).

