



Coping in Stressful Times

STRESS MANAGEMENT TIPS FOR PEOPLE MANAGERS

MANAGE THE TASKS



EMOTIONS ARE CONTAGIOUS

How do you as a leader go about getting things done?

Emotional contagion is when one person's emotions and related behaviour trigger similar emotions and behaviours in other people.

If you and your team members are being directly impacted by external events, anxiety, stress and low mood can spread through your team.

FOCUS ON THE FACTS & THE TASKS AT HAND

- 01 Be clear about your goals and objectives
- 02 Provide clear and succinct information and updates
- 03 Admit to yourself when you don't know or have the information. Reach out to your network for assistance
- 04 Use goal setting to align your team with the current organisational goals

REDIRECT FOCUS TO WHAT YOU DO CONTROL

- 05 Practice "Digital Leadership", take your culture online and reinforce camaraderie, esteem, recognition and compassion via digital means.
- 06 Anticipate a crisis: Being prepared can help prevent things from getting worse
- 07 Don't just wait out. Be decisive, take actions, create solutions, be visible to your organisation and team & communicate well. Taking actions puts you in control, in turn, reduces stress
- 08 Selectively use your time and resources