

25 Ways to Support Staff During the Pandemic

1. Provide unstructured time to connect
2. Play trivia games virtually
3. Provide leader update sessions
4. Virtual celebrations have been highly attended
5. Digital cards used for special occasions where all staff can sign them online (this is purchased service)
6. Purchase Headspace App for all employees (\$25.00/employee)
7. Mindfulness Retreat – Virtual
8. Provide free fitness, yoga, and nutrition
9. Psychoeducation on self-care
10. Gestures to demonstrate caring
11. Create smaller support groups among staff to connect virtual on a regular basis
12. Use of a Hug App
13. Submit songs re: social justice and develop a play list for staff to listen to on the weekend
14. Hire performers for virtual meetings
15. Virtual Book Club
16. Provide staff with a Facebook Page with lighthearted post and to stay connected (note: there is a Facebook Workspace)
17. Virtual exercises
18. Creating of a pandemic committee to ensure engagement with process
19. Working through policies and procedures together through a committee
20. Increasing counselling benefits to staff
21. Sending care packages to staff
22. Games for fun and engagement – Where is Betty? (like the world travelling gnome)
23. Agency wide closure for Friday afternoons
24. Bring your pet to work day for the beginning of a virtual meeting
25. Animal Zoom Bomb

[Sweet Farm](#); [Haute Goat - Goat Shmurgles, Alpaca Walks, Horse Cuddles | Port Hope](#)