



DID I



Round on my team today; ask team members how they are doing.



Ensure my team's personal needs are met; is their family life stable. Show empathy even if I could not help ([3 Minute Empathy Video](#)).



Check to make sure everyone has had a break.



Encourage my team to use the Going Home Checklist to help them switch between work and home.



Connect my team to resources to help them get the help they need.



Communicate, communicate, communicate; in the absence of information, people will make up stories.

THANK YOU

