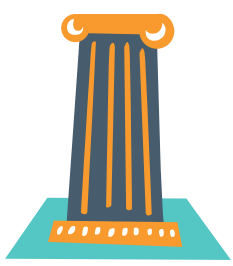


Leading teams through COVID-19

Leading at a time of crisis such as COVID-19 is challenging. To support you with this, we've put together a managers' toolkit which you can find on the [Dorset HealthCare website](#) or in the mental wellbeing information provided through your local council. This provides easy to use resources you can use with your staff. Please also refer to the other infographics for a range of support including free counselling available to care sector staff.



The **Four Pillars of Care** can be built into daily routines to help prevent build-up of emotional distress and anxiety.



The **self-care checklist** can help you and your team members stick to a daily routine and reflect on how you are coping.



The **anxieties about COVID-19 questionnaire** can help you understand and manage your team's concerns about COVID-19.



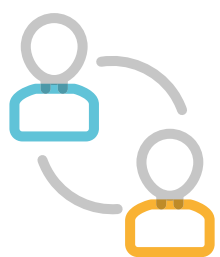
Use the **dealing with stress infographic** to help spot the signs of stress and signpost your team to further support



A **wellbeing at work plan** can be useful for supporting existing and redeployed team members.



Open questions for managers can be used in 1-to-1s to help you understand how your team members are coping.



Use **check-in and check-out questions** for meetings with your team to help facilitate conversations about wellbeing.



Read the guide to **leading teams through COVID-19** for some useful top tips.



The **self-care tree** can help you and your team members manage your wellbeing at work and at home.