LEADERS,
WE'RE HERE FOR YOU.

As you respond to the covid-19 pandemic, it's easy to feel overwhelmed by these unusual circumstances, and healthcare leaders can feel especially overburdened. In response, we at NCOD want to be here for you as much as we can during this challenging time.

For the next couple of months, we are offering all leaders and supervisors brief virtual consultations to support:

- Developing a leadership team strategy to manage disruptions
- Managing emotions/stress
- Decision-making around shifting priorities
- Leading and managing in a virtual environment

To request a Rapid Response Consultation, please use our quick request link.

(If Adobe prevents you from accessing the link, go directly to the NCOD intranet homepage, the Rapid Response Consultation request link is highlighted at the top of the page.)

In the meantime, we're sharing some key resources to help you keep yourself and your team healthy, informed, and connected.

Thank you for all you're doing!

MANAGING STRESS

- Stress can affect you physically and emotionally including how you think/act.
- Manage stress by keeping things in perspective, seeking accurate information, and with good self-care.
- Pay attention to your mind, body and spirit and find practical ways to relax.

For details, see this short guide. Employees also can seek help through the Employee Assistance Program .

STAYING CONNECTED

- Communication is your best tactic during crisis leadership.
- Let accuracy, transparency and empathy be your guiding principles.
- Your messages should give clarity, and to the extent possible, give assurance or comfort, and provide hope.
- Back up decisions/announcements with the reasons why and how these choices were made.

For details, see this HBR article.

STAYING INFORMED

HR Emergency Resource Center

For HR issues like leave, telework, etc.

VA's Public Health Website

For general info on covid-19, including symptoms and prevention.

www.cdc.gov

For more from the authoritative site for covid-19 news.