

Help Staff Reduce Stress During COVID-19

TIPS FOR FAMILY PLANNING PROVIDERS

Now more than ever, keeping staff morale up is important—and challenging. Keep these tips in mind as you navigate this public health emergency.

Reinforce the importance and meaning of your work.

Celebrate successes

such as establishing telehealth services or implementing curbside pick-up.

Send a weekly email

to staff with an inspiring idea, such as “Take care of yourself so you can take care of others.”

Express gratitude

for the compassion and personal investment of staff in keeping clients safe and healthy.

Share quotes

from satisfied clients, staff, and community partners to renew staff passion.



Support staff well-being.



Recognize

that not everyone has the same experience going through the public health emergency.

Acknowledge

that feeling stressed right now is expected and normal.

Create a buddy system

for staff to check in and support one another.

Convene a virtual coffee/tea break

for staff to share coping strategies.

Set up a space

(e.g., document, bulletin board, regular meeting agenda item) where staff can share resources.

Institute staff “shout outs”

during meetings for staff to express gratitude for each other.

Share mental health resources

such as local Employee Assistance Programs (EAP) and national hotlines.

National Suicide Prevention Lifeline, 1-800-273-8255

SAMHSA Treatment Referral Helpline, 1-877-726-4727

Clearly and openly communicate with staff.

Provide routine communication

to staff about activities and updates. It is important for leadership to be visible.

Share training resources

but avoid overwhelming staff with information.

Acknowledge

that not knowing what the future holds is very difficult.

Be strategic when planning meetings.

Consider shorter meetings or have staff only attend when the content is relevant to their work.



The FPNTC remains committed to supporting family planning providers during the COVID-19 public health emergency.

Email your FPNTC Grantee Liaison or visit [fpntc.org](https://www.fpntc.org) for additional support.