

## Helping frontline workers cope with stress during COVID-19: actions for peers

As a peer, there are multiple ways you can support your colleagues cope with stress, and stay mentally healthy or manage their mental health conditions at work. This is especially important during the COVID-19 pandemic, which has placed frontline workers under immense and unprecedented pressures, and put their physical, mental and social well-being at risk.

Peers are able to offer each other personal and professional support in unique ways, and this enables the collaborative problem-solving needed in such unprecedented emergency situations. Not only is supporting colleagues beneficial to the collective performance and relationships at work, but can also promote your own well-being and job satisfaction. Here are some actions that you can take to support your peers cope with stress during this COVID-19 pandemic.

### Actions peers can take to help frontline workers cope with stress during COVID-19

- Be considerate**
  - Take a minute to consider what types of behaviours might be stressful or distracting to your colleagues who share your workspace and try to be as considerate as possible.
  - Casually check in with colleagues, and ask them to let you know if they would like you to make any changes to your office practices.
- Offer support**
  - Reach out to a colleague if you notice that they are overwhelmed with their work, and ask them how you may be able to support during stressful periods by sharing your expertise or your time while also being mindful of your own well-being.
- Strengthen social networks**
  - Put effort into building a friendly rapport with colleagues and cultivating a collaborative work environment for the team's well-being.
  - Make sure you offer your colleagues support, and consider doing simple actions such as having a coffee break or lunch together, or perhaps taking up a sport or a fun activity.

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