

# STAY CALM

## Advice for Networks

[www.thepowerofstaffnetworks.co.uk](http://www.thepowerofstaffnetworks.co.uk)

#power

### C

### CARE

During this time, people need to know that someone cares about their wellbeing. Networks are fantastic spaces where people can feel encouraged, find out information and practical support



### OXYGEN MASK

### O



Every airline tells us that in an emergency we need to wear our oxygen masks first before we help others. Network Leaders need to do the same #selfcare

### V

As well as observing the practical precautions, be vigilant about members who may feel vulnerable. Remind them that they are not alone, and sign post to staff support services

### VIGILANT



### INDOORS

### I



Self isolating at home doesn't mean out of touch. Keep in contact via online platforms like Skype, Zoom, Hangouts, Teams, Whatsapp etc

### D

### DAY BY DAY

Take one day at a time. Focus on things that matter and what you can control

