



Ideas for Checking In With Your Employees



Human connection. Added stress and more remote work make it important to approach team members as people, and not just workers.

- Acknowledge it's a hard time and empathize.
- Point employees to resources your company offers.

Realistic expectations. Life disruptions can make people less focused and productive.

- Set realistic expectations for yourself and your team.
- Remind employees to be compassionate with themselves and others.

Friendlier meetings. Employees working at home have lost the office's built-in sociability. There's no chatting in the hall or at the copier.

- Set aside meeting time for personal contact, like joking and sharing.
- Encourage people to talk about things such as family or hobbies.

[Standard Insurance Company | 1100 SW Sixth Avenue, Portland, OR 97204 | **standard.com**](#)

The Standard is a marketing name for StanCorp Financial Group, Inc. and subsidiaries. Insurance products are offered by Standard Insurance Company of 1100 SW Sixth Avenue, Portland, Oregon in all states except New York. Product features and availability vary by state and are solely the responsibility of Standard Insurance Company.

Behavioral Health Employee Support Ideas Card ER

SI 21569

(5/20)