These are difficult and anxious times. Here are a few tips on keeping the ED team healthy and functioning.

- This is a marathon not a sprint.
- Remember that ED teams are capable & amazing but need looking after.
- Its okay not to be okay, we are under stress and there is uncertainty - we need to help and support each other.
- Check in regularly with different members of your team – how are people doing? What else outside of work are they dealing with?
- Consider formalising support within your teams – buddy systems, regular contact with team leaders, helpful social media groups.
- Get to know your cleaners, they are working extremely hard!
- Bear with each other, our bandwidth to solve problems may be less than usual.
- If people are short with you, it is usually because they are stressed rather than it being your fault.
- Be extra kind when speaking to colleagues and especially to other teams.
- Be welcoming and supportive to people who do not normally work in the ED or are doing a different role than usual.
- Other teams may see things differently and have different stresses.
- Discuss times when interactions have not gone well, apologise as soon as you can for any part you may have contributed to.
- Be careful with language so as not to increase anxiety, fear or frustration.
- Say thank you often to everyone you interact with!

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