



HOW TO support each other during this time



Find a wellbeing buddy

A buddy could be anyone, such as a team mate, work friend or even a leader you connect with in the workplace. The most important thing about finding a buddy is that you are both comfortable in checking in on each other regularly. Daily check-ins, especially while working from home, is recommended.

A buddy arrangement is a two-way street and doesn't need to be a formal arrangement. It's as simple as either reaching out to someone you care about, someone in your team, or someone you think may struggle during periods of social distancing and isolation, to see if they are interested in keeping connected through this period. Alternatively, if you are struggling, you may choose to reach out to someone for support. It is recommended you tell your manager who your buddy is so they know you have some support.

Why

During difficult times, like a pandemic, people may be feeling isolated, anxious or overwhelmed. As humans we thrive and rely on human connection for our overall wellbeing. Majority of research shows social support and connections are one of the key elements for wellbeing (Kahn & Byosiene, 1992).

It's therefore vital to keep strong social connections, and to continue looking after ourselves and each other while retaining and strengthening our sense of community. Connecting with a wellbeing buddy could be a handy solution to ensure you prioritise staying connected.

Remember

- Being a wellbeing buddy is an informal arrangement but needs to be agreed upon by both parties
- The purpose should be to check in with each other, provide support as needed, and remain connected
- There is no expectation for either party to be an expert or have all the answers
- There is no responsibility for a buddy to replace formal supports like counselling or psychology treatment
- If at any stage a buddy does not feel comfortable or capable in fulfilling the role of a buddy, there is no obligation to continue
- Most importantly, remember – staying connected is beneficial to our overall health and wellbeing

Finally

If you are worried about your buddy, please remember there is always help available. Start by raising your concerns with your manager, and remember the Employee Assistance Program is always available to you or your teammates.

Please tell your manager who your buddy is. Managers have been asked to follow up with their team to make sure everyone has an identified wellbeing buddy.