

Suresite Group



Health & Wellbeing -
COVID-19



Health & Wellbeing

Fostering employee well-being is good for your people and the organisation. Promoting well-being can help prevent stress and create positive working environments where individuals and organisations can thrive. Good health and well-being can be a core enabler of employee engagement and organisational performance.

The COVID-19 pandemic has raised concerns about people's health and well-being to the top of the business agenda. Employers play a vital role in protecting employees from the risk of infection by implementing stringent public health measures like social distancing. This means supporting those that can work from home wherever possible and putting in place vital safety measures for employees returning to the workplace.

The implications of the virus outbreak for everyone's health and well-being during and after the pandemic are significant, including their mental health. As well as worries about becoming ill, many employees are isolated, others face income or job loss, while working parents must juggle caring responsibilities and work. Employers should ensure they have a holistic framework in place to support people's physical health and safety, and mental health, and offer sources of help such as counselling, an employee assistance programme and occupational health services where possible. They need to ensure line managers in particular have the ongoing guidance needed to support their teams, so they can have sensitive conversations with individuals and signpost to help where needed. All employees should be encouraged to have a good self-care routine including a healthy approach to diet, relaxation, and sleep.

[Click Here for more information and support on the government webpage](#)