

# Responding to Uncertainty

A framework for looking after ourselves and others



## Bushfires



### Psychosocial Risk Factors

- Pre-existing mental health conditions
- Needs are being forgotten as media coverage lessens
- Uncertainty and anxiety about the future
- Vicarious trauma
- Grief and bereavement



## Covid-19



### Psychosocial Risk Factors

- Pre-existing mental health conditions
- Anxiety and panic
- Isolation from work
- Isolation from family
- Increased pressure on leaders, managers and business owners
- Grief and bereavement



## Economy



### Psychosocial Risk Factors

- Pre-existing mental health conditions
- Market volatility
- Fear of recession
- Disruption to casual work
- Fear of redundancies
- Unemployment anxiety
- Increased pressure



## Information Bundles

Factsheets, podcasts and videos are provided that address each of the psychosocial risk factors across all current events causing anxiety and uncertainty. These bundles can be purchased by organisations so employees are receiving relevant information for maintaining their mental health.



## Webinars

With employees being required to work more from home in response to the Covid-19 outbreak, providing support on strategies for maintaining mental fitness during these times can be difficult. Webinars on topics of anxiety, mental fitness during isolation, leading through uncertain times etc. are able to be run in replacement of face-to-face training.



## Well Checks

With the increasing amount of anxiety that people are feeling right now, it is important that early intervention services are provided. Well Checks over the phone are a great way for employees to be checked in on by a psychologist to ensure they are maintaining their mental health and warning signs can be identified early.



## Content

### Factsheets Available

- Bushfires: Vicarious trauma explained
- Bushfires: Supporting others through crisis
- Bushfires: Maintaining wellbeing in the aftermath

### Webinars Available

- Bushfires: Vicarious trauma
- Bushfires: Staying mentally fit while supporting others



## Content

### Factsheets Available

- COVID-19: What you need to know
- COVID-19: Managing anxiety and panic
- COVID-19: Mental fitness in isolation

### Webinars Available

- COVID-19: Leading mentally fit teams remotely
- COVID-19: Mental fitness



## Content

### Factsheets Available

- Economy: Managing anxiety and worry
- Economy: Leading through uncertainty
- Economy: Adjusting to forced change

### Webinars Available

- Economy: Leading mentally fit teams through uncertainty
- Economy: Mental fitness



## Well Checks

Well Checks are aimed at providing support to both managers and employees by checking in on them so that specific and timely intervention can be provided if someone is not traveling so well. Proactive well checks also act as a means for the employee to debrief during a time of increased pressure and to receive

wellbeing coaching around specific skills and competencies, which often prevents little problems from becoming bigger.

If employees are in isolation or in roles where they are exposed to emotionally distressing situations, Well Checks are important to ensure depleted emotional reserves don't become detrimental to their mental health.



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Centre for Corporate Health are leaders in creating psychological safety, positive mental health and wellbeing in businesses across Australia. For more information on how we can support your employees during this time of uncertainty and increased anxiety, contact us on 02 8243 1500. [admin@cfch.com.au](mailto:admin@cfch.com.au) | [cfch.com.au](http://cfch.com.au)