

PSYCHOLOGICALLY INFORMED SUPPORT FOR TEAMS DURING COVID-19

Questions for Reflection

Reflection 1:

- What are your current experiences and challenges?
- What are you doing well?
- What do you need support with?

Reflection 2:

- Reflecting on the three stages of psychological response, what is your understanding of the phase you and your staff are currently in?
 - *Phase 1: Preparation*
 - *Phase 2: Action*
 - *Phase 3: Recovery*
- What do you need now, individually and as a team?

Consider discussing and reflecting your responses with your colleagues following this webinar.

Reflection 3:

- Is there anything you've heard today that you think may help you?
- What are 1-3 next steps for you/your team?