



The importance of compassion during COVID-19

For staff working from home

As workers in NSW and all over Australia transition to working from home in response to COVID-19, it's important to highlight the need for compassion - towards self and one another.

Many people will be unable to carry out many of their usual tasks while working from home; and are experiencing heightened levels of stress and anxiety. This may impact their physical and mental capacity to perform and be as motivated and productive as they would under normal circumstances.

It's important that staff and their employer/s recognise this and exercise compassion towards themselves and each other during this time. Self-compassion in particular helps people cope with stressful events and improves well-being.

How to be compassionate towards yourself and others

- Acknowledge the extraordinary circumstances that we are in and the mental and physical toll this might take on you, your colleagues, and the community.
- Try to avoid being judgmental of yourself and your colleagues. For example, avoid judgmental thoughts such as "I'm not being productive today" or "My colleagues aren't being productive right now".
- Think about ways you can comfort and care for yourself and others. This could include:
 - making time for leisure activities
 - meditating
 - comforting and supporting your colleagues
 - focusing on the positives, even if they are small

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