



Managing Stress

A Pandemic Crisis Can Lead to Stress

The COVID-19 pandemic crisis we are now facing can cause stress like any other crisis. The threat of the virus and the response to it has changed the way we go about our daily activities. Whether you are a parent now at home with your children and helping with e-learning; a business owner who had to layoff employees or temporarily shut down operations; an employee who has been laid off; or a commuter who now works at home, each person is feeling stress from this crisis in a different, but real way.

The National Safety Council has developed a short article called “Managing Stress During a Time of Crisis.” The publication was produced as a five-minute safety talk that provides four steps that can be used to help manage anxiety. The article, or the information provided in it, can be used as a toolbox talk with crews in the field, or it can be shared with all your employees electronically.

Please find the article at the following link:

[Managing Stress During a Time of Crisis](#)

SafeALERTSM



ORCIG 2020 SafeAlert Series

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