

COMPASSION IN TIMES OF CRISIS



An unexpected crisis in the workplace may result in confusion and distress among employees, adversely affecting their morale. It is important for businesses to display compassion in a crisis to encourage recovery and foster resilience amongst their employees.

Here are some ways to do so:

PRACTICING SELF-CARE



Encourage your employees to practice self-care by attending to their own emotional needs in times of crisis. This involves being mindful of their emotions, learning to articulate what is affecting them, as well as being able to know when their limits for stress have been reached. This allows employees to have a better handle on facing the crisis at hand.

BUILDING COMPASSION INTO COMPANY PRACTICES



Consider providing managers with training to help identify signs of stress in employees, so they may provide support to affected employees by checking in on them. Learning measures such as psychological first aid would also help strengthen your response to immediate crises. You should also incorporate compassion and humility in your crisis messaging to employees and other stakeholders as well.

RALLY FOR UNITY

In the wake of a crisis, encourage your colleagues and employees to support those who may have been directly affected by the attack, or contribute to the nation's recovery efforts, if they can do so. Acts of compassion, such as uniting to provide goods or offer services to affected workplaces, can further help inculcate a sense of cohesion and rebuild the community. This is important in crisis recovery efforts.



Learn more on how you can better prepare your company against the evolving threat of terrorism through [SGSecure@Workplaces](#).

Also, find out how the various organisations in Singapore are enhancing workplace preparedness under SGSecure@Workplaces through our [featured stories](#).

If you know or suspect that an individual is radicalised, promptly contact the ISD Counter-Terrorism hotline at **1800-2626-273** or report via the **SGSecure app**.