

Dealing With The Threat Of Biohazard

As a supervisor or union officer/representative, you may have special concerns and stresses.



Typical Concerns:

- Dealing with your own reactions while having to work with and help others deal with *their* reactions
- Needing to move the mail when employees may be upset and distracted with the possibility or reality of employee diversions and unit shutdowns
- Being called upon to help in evacuations
- Fulfilling expectations that you will be the source of accurate information in a highly uncertain situation, or dealing with people who distrust and discount the info you have been asked to share
- Wanting to keep yourself & others safe
- Dealing with questions you cannot answer
- Feeling torn between duty and responsibility for keeping the mail moving, while wishing everyone could just take a break “until this is over”
- Coping with your family’s concerns about your safety
- Fearing exposure and possible infection
- Needing to remain calm and manage internal reactions while doing your job
- Keeping up with the ever-changing face of the event, new and changing procedures, and the expectations of you and of your employees/members
- Waiting for more information, to see how it will affect you and your employees/members

What You Can Do:

- Recognize that you and others may be dealing with more stress than usual
- Adjust expectations for yourself and those around you
- Recognize and use your best skills and abilities
- Evaluate the things most difficult for you and figure out how you can best manage them
- Know who and what is available to help you and line up resources in case you need them
- Take positive steps to manage stress
- Beware of dangerous stress relief tactics and stress reactions, such as increased alcohol consumption or use of sleep or anti-anxiety agents
- Monitor your reactions routinely and act to keep yourself in a healthy zone - be honest with yourself and know when you need to do more to take care of yourself
- Consult with your EAP to find additional ways to take care of yourself and reduce stress

Consult with your EAP to find additional ways to take care of yourself and reduce stress. For more information on threats of biohazard reach out today or visit EAP4YOU.com.

We are here for you.