



## Health Matters Well-Being Toolkit: Social Interactions

*Use these social strategies to support a safe and healthy workplace for everyone.*

### EFFECTIVE SOCIAL INTERACTIONS WITH OTHERS

The COVID-19 pandemic has forced us to adapt in most areas of daily life, including in our interactions at work. We all need to do our part to be intentional about interacting with others to minimize the anxiety and tension associated with navigating uncertain situations. This toolkit includes specific ways to be more cognizant of your interactions with others to support a safe and healthy working environment.

- **Maintain Safe Physical Distances:** As was the way of life during the pandemic, it will still be safest to maintain a healthy distance of at least 6 feet from others. Be mindful of space when in common areas like restrooms, lobbies, and breakrooms and take note of your agency's specific policies for physical distancing. Be respectful of these new policies, as they were put in place for the health of you and others.
- **Respect the Opinions of Others:** We all have the right to our own opinions and way of living. It is beneficial to expose yourself to varying opinions and perceptions, and to allow everyone to come to their own conclusions. It is nobody's responsibility to manage how others perceive this pandemic nor how they choose to proceed. Everyone is learning to live in this new paradigm and mutual respect is crucial to a thriving environment.
- **Use Discernment, Not Judgment:** To be discerning is to use your intuition and insight to determine something. It implies that your perception is involved, and how you see the world will impact your view. Judgment creates polarization and forces thoughts and attitudes on others. Practicing discernment to express your perspectives can be highly beneficial to self-leadership and how you lead others.
- **Be Self-Aware:** Knowing yourself and your own emotional tendencies can help you respond versus react to the people and environment around you. If you feel irritable, upset, or fearful try acknowledging these feelings within yourself and practice self-care, mindfulness, or deep breathing to process emotions and release tension.
- **Lead with Kindness and Compassion:** How you treat yourself is how you treat others. Be gentle with yourself during this time of transition. Set the example and lead yourself and others with kindness and compassion. Everyone is experiencing fear, stress, and anxiety during this time. You are not alone.

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*Talking with a professional can help you process thoughts and feelings.  
The Employee Assistance Program, or EAP, provides confidential, short-term  
counseling services for benefit eligible employees and their dependents to help  
address concerns constructively before they become major issues.  
Visit [ogi.idaho.gov/counseling](https://ogi.idaho.gov/counseling) to learn more.*

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