

Helping Employees in the Immediate Aftermath of a Critical Incident: The importance of taking care of yourself



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A critical incident is any sudden or unexpected traumatic event that affects people's emotional lives, feelings of safety, and ability to cope. It might be a robbery in the workplace, the suicide of an employee, or a natural disaster or act of violence that occurred outside of work and significantly impacted employees. This article series offers strategies to help you support your employees during this difficult time.

This is the third in a three-part series of articles on helping employees in the immediate aftermath of a critical incident which starts with "[What to do immediately after a critical incident.](#)" Read the previous article, "[Common psychological reactions.](#)"

The importance of taking care of yourself

Managers often overlook their own feelings during difficult times at work. It is important to take care of yourself during this time.

Pay attention to your physical and emotional health.

Talk with other managers. Managers who talk with and seek support from other managers during difficult times can benefit from this contact.

Seek support for yourself. Use the resources available to you at the company—through HR and the EAP.

Pay extra attention to taking care of yourself during stressful times. It's more important than ever in challenging times to rest, eat well, exercise, seek support, and be intentional about managing stress.

For additional support, see these helpful LifeWorks articles:

- [Building Your Resilience with Self-Care](#)
- [How the EAP Can Help in a Crisis](#)
- [How to Refer an Employee to the Employee Assistance Program \(EAP\)](#)

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