

# It's okay not to be okay



**Benjamin Granger** <success@qualtrics-marketing.com> [Unsubscribe](#)

10:31 AM (3 hours ago)

to me

We, as HR professionals, are the stewards of our organizations' most important resources - people. So, how can we manage employees' experiences during these trying times?

Here are [5 principles and several practical suggestions](#) that will help you adapt your EX Management Program to the current environment.

We've also curated a few more helpful resources to support you this week:

- **Supporting each other.** Connect with Qualtrics XM Scientists and other users in our newly launched [COVID-19 Community](#) or join us for our weekly informal roundtable of Remote + On-site Work Pulse users (next one is **April 23rd**: [Dashboards, Reporting and Interpreting Results](#))
- **It's okay not to be okay.** A clinical psychologist shares how to help suddenly remote employees [combat isolation](#). *Maintaining human relationships and manager connection is key.*
- **An unprecedented event calls for an unprecedented response.** Johnson & Johnson is [writing a playbook as we go](#) to support on-site workers and parents, give medically-trained employees the flexibility to volunteer, and provide new mental health resources to all.
- **Settle into working from home with proven tips.** Long-time remote companies share how [HR best enables work from home](#), how to [effectively communicate with employees](#) right now, and [WFH best practices for employees](#).
- **HR's top priority is employee wellbeing.** New survey data looks at what is [top of mind](#) both for HR and employees - giving clues to where people teams should prioritize efforts. *Not surprisingly, safety and job security rise to the top for employees right now.*

Thank you for all you do to help your organization navigate through these times. You are deeply appreciated! Have a topic you'd like perspective on how to approach or a helpful article you'd like to share? [Ask away](#). I'd love to include it in this weekly email.

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