

TODAY'S PREVENTION TIPS/HELPFUL RESOURCES



Burnout /Stressed out questions of the week.

Are you feel sad and tearful all the time?

Are you withdrawing/avoiding communicating with friends and family?

Are you finding it difficult to sleep?



Practice self-compassion.

THAT MEANS BE KIND TO YOURSELF.

Decrease other stressors.

LOOK FOR WAYS TO SIMPLIFY.



Get creative with technology for social supports.

COCKTAIL HOUR OVER ZOOM or VIRTUAL COFFEE BREAK

Use mindful moments to reset yourself

FIVE MINUTES TO YOURSELF



Avoid media overload.

LIMIT YOUR INTAKE OF NEWS TO WHAT YOU NEED TO BE INFORMED

Ask for help. It's okay to need support.

REACH OUT TO SOMEONE YOU TRUST.



Link to Supports for Families and Children

Ontario Centre of Excellence for Child and Youth Mental Health

- COVID-19: Supporting a discussion with children and youth (includes a list of websites and print resources)

<https://cheo.echoontario.ca/wp-content/uploads/2020/03/COVID-19-Supporting-a-discussion-with-children-and-youth.pdf>

<https://www.anxietycanada.com/articles/talking-to-kids-about-covid-19/>

<https://www.pbs.org/parents/thrive/how-to-talk-to-your-kids-about-coronavirus>

Sesame Street •Caring for Each Other: Your friends on Sesame Street are here to support you during the COVID-19 health crisis. We know that these are very stressful times; daily lives have been disrupted, and families everywhere are trying to create a new sense of normalcy.”

<https://www.sesamestreet.org/caring>

For the adults

Daily anxiety updates with helpful strategies (each day a 6 min. video added to the series).

They each have a focus (ie sleep, uncertainty etc. but worth listening to the 6 min.)

<https://www.youtube.com/watch?v=w4NwsyXRbNw&list=PL6sRqjtLfITni7oXKpSj2cQ9290lkpKH&index=2&t=0s>

For Health Care Workers

Five minute – Time out guided meditation – just put your headphones on, close your eyes and listen.

<https://www.youtube.com/watch?v=L1QOh-n-eus>

Tips for sleep through visualization and coaching to use mindfulness to explore feelings

https://www.ptsd.va.gov/apps/ptsdcoachonline/tools_menu.htm?cat_id=sleep

Humour –Youtube clip (2 min)

<https://youtu.be/p8oxndup1QM>

FHT STAFF Call line EAP Homewood Health through Resilience 1 866 644-0326 or www.myresilience.com

LWHA Employee and Family Assistance Plan - for you or any of your immediate family members 1-800-663-1142 (High volumes may result in busy signals – Alternative number - (604) 689-1717 (call collect if it is long distance) <https://homewoodhealth.com/employers/services/stay-at-work/efap>

KNOW THAT YOU ARE APPRECIATED!

