

TODAY'S PREVENTION TIPS/HELPFUL RESOURCES



How are you COPING?



Cope /kōp/
coping

(of a person) deal effectively with something difficult.

Example "his ability to cope with stress"

Similar: manage, survive, subsist, look after oneself, fend for oneself, struggle with, tussle with

Listening to Health Care Workers FIVE specific themes were identified by CAMH:

1. HEAR ME (MAKE SURE MY CONCERNS ARE HEARD)
2. PROTECT ME (KEEP ME SAFE WITH PROPER EQUIPMENT, ACCOMMODATIONS)
3. PREPARE ME (TRAINING AND COMPETENCY)
4. SUPPORT ME (HELP WITH FOOD, HOUSING, TRANSPORTATION)
5. CARE FOR ME (SUPPORT FOR CHILDCARE, HOUSING FOR STAFF AT RISK/QUARANTINE)

AND HONOUR ME – AT AN ORGANIZATIONAL AND INSTITUTIONAL LEVEL

Ensuring our own well-being as we care for others during the COVID crisis

<https://www.aomrc.org.uk/wp-content/uploads/2020/03/Coronavirus-ensuring-our-own-wellbeing-as-we-care-for-others.pdf>

Self-referral support and resources from CAMH for Health Care Workers

<https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals>

Coping with the stress of COVID: Survival tips for Parents and Caregivers

<https://www.ementalhealth.ca/index.php?m=article&ID=62307#copingfordifferentages>

BUILDING RESILIENCE

"In the context of exposure to significant adversity, resilience is both the capacity of individuals to navigate their way to the psychological, social, cultural, and physical resources that sustain their well-being, and their capacity individually and collectively to negotiate for these resources to be provided in culturally meaningful ways." (See also Ungar, 2008 and Ungar, 2011)



A few highlights of ways towards resilience at this time by Dr.Ungar.

- ❖ *Exercise our rights.*
- ❖ *Look after our basic needs.*
- ❖ *Be accountable to others.*
- ❖ *Reach out and continue to nurture social connections.*
- ❖ *Take control of whatever we can control.*
- ❖ *Think positive thoughts.*

HAVE YOU GOT YOUR **PPR**....
PERSONAL PROTECTIVE RELATIONSHIPS?

CAMH identified the importance that relationships have in supporting individuals through difficult times.

They also noted the peer support makes a difference – look for ways to support each other in a simple, how’s it going informal check in.



Start something new – someone from this community has started a daily “TEXT TO HUG” messages to the special people in her life, reaching out and connecting, making a difference by letting them know they matter and someone cares for them. Look for ways you can connect to family, friends, community and colleagues.

Document link to Providing Remote Psychological First Aid during a COVID 19 Outbreak

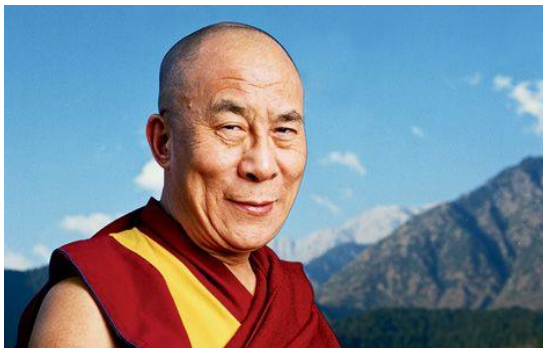
<https://pscentre.org/wp-content/uploads/2020/03/IFRC-PS-Centre.-Remote-PFA-during-a-COVID-19-outbreak.-Final.-ENG.pdf>

Clinical guidance /resources for virtual care by OTN

<https://otn.ca/covid-19/>

Ten strategies for Managing Compassion Fatigue and Secondary Trauma – Francoise Mathieu (video)

<https://www.youtube.com/watch?v=zy3MkhGyOrQ>



“BE KIND WHENEVER POSSIBLE.

IT IS ALWAYS POSSIBLE.”

Dalai Lama VIV