

# MENTAL HEALTH AND COVID-19

The Conference Board of Canada is offering daily short videos on Mental Health and Covid-19. To see the videos, please visit the source of the following information:

[The Conference Board of Canada - Videos](#)

Below is a brief overview of the videos so you may choose the one(s) that may work for you and your family.

## **BREAK: Emotional Fragility**

**BE AWARE:** You are not the only one having a hard time. You are not the only one that may be struggling and are being challenged.

**RESET:** It will be hard to create structure knowing that change is imminent. Set your expectations and normalize them.

**EMPATHY:** Give yourself and others empathy to facilitate opportunities for self-compassion within yourself.

**ACCEPTANCE:** Accept that people are fallible, and that there is no perfection. Where can you learn from your mistakes in this uncharted territory.

**KNOW WHAT YOU WANT:** Give yourself clarity and focus on what you want based on your life values knowing it may need to adjust over time.

## **HELP: Healthcare resilience**

**HONOUR:** Honour the government's requirements, asks and expectations. Influence the people you can to take this seriously. Taking care of yourself and others will help healthcare and other essential workers.

**ENCOURAGE RECOGNITION:** Think of ways to send acknowledgement – letters, shout-outs and tweets, to appreciate and acknowledge all the healthcare workers and essential workers.

**LEARN HOW YOU CAN SUPPORT:** Communities around the nation are asking questions on how to access PPE (personal protective equipment). How can you contribute in this way to support our healthcare workers and first responders?

**PROMOTE PREVENTION:** To all businesses and individuals – how can we all start becoming more aware and share different risk protocols? Share your tips on how we can help avoid the spread of COVID-19.



**Confederation**  
COLLEGE

## **PLAY with happiness**

**PASSION:** Do the things that you love and bring you joy, and do them with intention.

**LIVE IN THE MOMENT:** Capture special moments, and don't take them for granted.

**AWESOME:** Look for the awesomeness in every day and embrace it.

**YOUTHFUL:** Don't be afraid to have fun, be silly and be vulnerable every now and then.

## **BOND in your relationships during COVID-19**

Be clear with each other that this is not a normal situation.

Open your heart. Focus in the process of supporting each other to get through this.

Negotiate how to work together for this period of time.

Define your get-along plan. Remember: Stop. Start. Maintain.

## **GET gratitude**

**GRATITUDE FOR YOURSELF:** Focus for a few minutes daily on what you're grateful for. Tip: Keep a gratitude journal.

**ENSURE TO GIVE GRATITUDE TO OTHERS:** Send a quick note to someone to let them know how much they're appreciated.

**TODAY:** Take some of these tips, and act on them today. Try to do it every day.

## **ILL: Lowering anxiety if you develop symptoms**

**INITIATE YOUR PLAN:** In addition to following government instructions, have your own plan for alternative caretakers in the case you get sick.

**LEVERAGE YOUR RESOURCES:** Check Health Canada's website to compare your symptoms. Call your nurse and healthcare provider to ask for advice.

**LOOK TO THE FUTURE:** It is important to maintain a positive attitude and outlook for the future, manage our fears and look to the facts to reassure ourselves.

## **NEW beginnings**

**NO PLAN, NO BASELINE, NO PREPAREDNESS:** We have acknowledged that we went into this crisis with no understanding of the situation.

**EXPECTATION ALIGNMENT** Check for alignment on previous expectation gap between parties, e.g. between employee-employer, family and children.

**WELCOME THE CONVERSATIONS:** Allow people to express concerns, ask questions, and help them feel at ease. Work together to establish the new.



## Charging your battery

More time with your family and close loved ones, slow down and count our blessings. Enjoy nature and appreciate the little things. Talk about ways to work efficiently. Find some ways to have fun. Embrace learning curves and your new routine. Reflect on positive happenings.

### **SAVE: Managing anxiety and social isolation**

**SELF-TALK:** Try to catch the moments where you have negative thoughts so that you can begin to address them.

**ASSURE:** Assure others that you are there for support, that you are not going anywhere, and that there is hope.

**VIGILANCE:** Do not forget about your good habits, your wellbeing and the wellbeing of others.

**ENGAGE:** Offer help where you can. Stay involved, and stay engaged with helping your family and community.

## Job Loss

1. Get your paperwork right away, and don't procrastinate.
2. Get as much clarity as you can from your employer so you can determine what your options are.
3. Be connected with your career goals. Take this time as an opportunity to make a positive shift in your career.
4. Begin to thoroughly re-evaluate your financial plan, or create one for yourself if you haven't already.
5. Find out what your options are with your assets and responsibilities, such as your mortgage and credit cards.
6. Pause to have a conversation with your family and significant others to get another perspective on what your options are.
7. Take some time to relieve tension that you are experiencing. Check in with your eating and sleeping habits.
8. Talk about your worries and what is stressing you out. Make use of online resources such as peer support groups.

### **SELF: Self-compassion, Empathy, Love and Fun**

**SELF-COMPASSION:** Give yourself a break, and don't be too hard on yourself.

**EMPATHY:** Listen to what others want to express and ask how you can help. Don't try to be a problem-solver.

**LOVE:** Be aware and grateful for the people and the blessings you have.

**FUN:** Take an intentional few minutes to laugh and enjoy small, silly and care-free moments.



## **PURE: Purpose, Urgent, Respect, and Energy**

**PURPOSE:** Create a plan, and set out to accomplish what you want to get done for the week.

**URGENT:** Prioritize the tasks that are urgent to you, such as medical items and cross those off your list.

**RESPECT:** Always offer respect to yourself and others, especially during these stressful and challenging times.

**ENERGY:** Check in with yourself daily on your sleep, nutrition and hydration levels and moderating consumption.

## **Dealing with Isolation and COVID-19**

Steps to promote your own mental health:

1. Awareness – Be aware of what you can and can't do.
2. Accountability – Structure and routine.
3. Action – What we do to take care of our mental health.

## **Coping in the Age of Social Distancing**

1. Stay connected – communicate with people however possible.
2. Be open – do not put up barriers and talk with those who care.
3. Strive for continuous connection – reacquaint with old friends and stay connected
4. Initiate conversations with intent – mix up conversations and have fun
5. Be attentive to your anxieties and the influences around you – be cognisant to what triggers you and how you can manage it.
6. Enjoy your moments today – enjoy your time with those you can spend time with.

## **CALM and COVID-19**

**CARING FOR YOURSELF AND OTHERS:** reduce the risk for yourself and those around you.

**ANTICIPATE THE BUMPS IN THE ROAD, AND THAT THINGS WON'T BE PERFECT:** cope with the negative and do the best to accentuate the positive.

**LISTEN TO RELIABLE SOURCES, AND LEARN :** rely on accredited sources.

**MONITOR YOUR WELLBEING:** monitor your mental and physical health.

