

The Working Mind

COVID-19

Self-care & Resilience Guide



Mental Health
Commission
of Canada

Commission de
la santé mentale
du Canada



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Mental Health Continuum Self-Assessment

Check the signs and indicators that really speak to how you experience stress and write any additional changes you might notice in 'my personal changes' section.

	HEALTHY	REACTING	INJURED	ILL
Changes in Mood	<input type="checkbox"/> Normal mood fluctuations <input type="checkbox"/> Calm <input type="checkbox"/> Confident	<input type="checkbox"/> Irritable <input type="checkbox"/> Impatient <input type="checkbox"/> Nervous <input type="checkbox"/> Sadness	<input type="checkbox"/> Angry <input type="checkbox"/> Anxious <input type="checkbox"/> Pervasive Sadness	<input type="checkbox"/> Easily enraged <input type="checkbox"/> Excessive anxiety/panic <input type="checkbox"/> Depressed mood, numb
Changes in Thinking and Attitude	<input type="checkbox"/> Good sense of humour <input type="checkbox"/> Takes things in stride <input type="checkbox"/> Ability to concentrate and focus on tasks	<input type="checkbox"/> Displaced sarcasm <input type="checkbox"/> Intrusive thoughts <input type="checkbox"/> Sometimes distracted or lost focus on tasks	<input type="checkbox"/> Negative attitude <input type="checkbox"/> Recurrent intrusive thoughts/images <input type="checkbox"/> Constantly distracted or cannot focus on tasks	<input type="checkbox"/> Non compliant <input type="checkbox"/> Suicidal thoughts/intent <input type="checkbox"/> Inability to concentrate, loss of memory or cognitive abilities
Changes in Behavior and Performance	<input type="checkbox"/> Physically and socially active <input type="checkbox"/> Performing well	<input type="checkbox"/> Decreased activity/socializing <input type="checkbox"/> Procrastination	<input type="checkbox"/> Avoidance <input type="checkbox"/> Tardiness <input type="checkbox"/> Decreased performance <input type="checkbox"/> Begins to pull away from family	<input type="checkbox"/> Withdrawal <input type="checkbox"/> Absenteeism <input type="checkbox"/> Can't perform duties/tasks <input type="checkbox"/> Is not mentally present at home
Physical Changes	<input type="checkbox"/> Normal sleep patterns <input type="checkbox"/> Good appetite <input type="checkbox"/> Feeling energetic <input type="checkbox"/> Maintaining a stable weight	<input type="checkbox"/> Trouble sleeping <input type="checkbox"/> Changes in eating <input type="checkbox"/> Some lack of energy <input type="checkbox"/> Some weight loss or gain	<input type="checkbox"/> Restless sleep <input type="checkbox"/> Loss of appetite <input type="checkbox"/> Some tiredness or fatigue <input type="checkbox"/> Fluctuations or changes in weight	<input type="checkbox"/> Cannot fall/stay asleep <input type="checkbox"/> No appetite <input type="checkbox"/> Constant lasting fatigue/exhaustion <input type="checkbox"/> Extreme weight loss or gain
Changes in Addictive Behaviours	<input type="checkbox"/> Limited alcohol consumption, no binge drinking <input type="checkbox"/> Limited/no addictive behaviours <input type="checkbox"/> No trouble/impact (social, economic, legal, financial) due to substance use	<input type="checkbox"/> Regular to frequent alcohol consumption, limited binge drinking <input type="checkbox"/> Some regular to addictive behaviours <input type="checkbox"/> Limited to some trouble/impact due to substance use	<input type="checkbox"/> Frequent alcohol consumption, binge drinking <input type="checkbox"/> Struggle to control addictive behaviours <input type="checkbox"/> Struggle to control addictive behaviours	<input type="checkbox"/> Regular to frequent binge drinking <input type="checkbox"/> Addiction <input type="checkbox"/> Significant trouble/impact due to substance use
My Personal Changes	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>



Self-care and Resilience

When life gets busy and our sense of well-being and balance is affected, we often forget to take care of ourselves or we look for quick fixes or solutions to problems. Building self-care into your daily or weekly routine can greatly improve resilience and prevent burnout.

Create a self-care and resilience plan: Use this worksheet to map out how and when to use these self-care practices and resilience building strategies. Identify what you need support with and find people and resources that can support you. Take time to discover these supports now so they will be easier to access when you actually need them.

Put a checkmark next to the items that you think might be helpful and that you are willing to try. Pick some key ones for you – many strategies may look interesting but focus on those you feel you will have time to work on and incorporate them into your daily or weekly routines:

- Write in a journal
- Volunteer for a cause meaningful to you
- Make a gratitude list
- Take a fresh air break
- Meditate or listen to guided visualization
- Cuddle with pets
- Treat yourself to a nice meal
- Take a nap
- Listen to music
- Practice yoga
- Lay in the grass
- Photography
- Read a good book
- Write a blog
- Spend time outdoors, if possible
- Go for a drive
- Exercise
- Join an online social club
- Listen to enjoyable podcasts or videos
- Turn off electronic devices
- Have a movie marathon
- Play a game
- Dance
- Wear something that makes you feel confident
- Join an online support group
- Have a virtual game night with friends
- Work in the garden
- Get creative: draw, paint, write a song, or cook a new meal
- Try a new hobby
- Have an adventure day
- Creative arts
- Spend time with your children – read to them, listen to their laughter, play with them, etc.
- Create a poster with images of a positive vision
- Nutrition – increase healthy food choices

Source: Adapted from Self-care starter kit, Homewood Health

Next Step: On the next page, list your top 3 items and plan when, how and who can support you.



My Self-care and Resilience Plan

My top 3 Self-care practices/strategies/resources	When will you do this? How? Who/What can support you?
1.	
2.	
3.	

Make a commitment to yourself to practice your self-care routine as often as you can.



Mental Health Resources

National, Provincial and Territorial Crisis lines:

National Crisis Hotlines

[Kids Help Phone](#)

1-800-668-6868

[Crisis Services Canada](#)

1-833-456-4566 or text 45645

[First Nations and Inuit Hope for
Wellness Help Line](#)

1-855-242-3310

[Canada Drug Rehab Addiction
Services Directory](#)

1-877-746-1963

[National Eating Disorder
Information Centre](#)

1-866-633-4220

National Resources for Information about Mental Illness

[Bell Let's Talk](#)

[Canadian Association for Suicide
Prevention](#) (not a crisis line)

613-702-4446

[Canadian Mental Health
Association](#)

416-646-5557

[Canadian Psychological
Association](#)

1-888-472-0657

[Mood Disorders Society of Canada](#)

613-921-5565

[Schizophrenia Society of Canada](#)

1-800-263-5545

[Mental Health Commission](#)

613-683-3755



British Columbia Crisis Hotlines

[Crisis Centre](#)

1-800-784-2433

No area code needed: 310-6789

British Columbia Resources

[Canadian Mental Health](#)

[Association - British Columbia](#)

[Division](#)

1-800-555-8222

[HeretoHelp](#)

1-800-661-2121

[Youth in B.C. online chat](#)

Greater Vancouver: 604-872-3311

Howe Sunshine & Sunshine Coast:

1-866-661-3311

[Aboriginal Wellness Program](#)

(604) 736-2033 or 1-866-884-0888

[B.C. Psychological Association -](#)

[Find a Psychologist](#)

1-800-730-0522

[B.C. Problem Gambling Help Line](#)

1-888-795-6111

Alberta Crisis Hotlines

[Distress Centre](#)

403-266-4357

Alberta Resources

[Canadian Mental Health](#)

[Association - Alberta Division](#)

780-482-6576

[Suicide Information and Education Services](#)

403-342-4966

[Psychologists Association of](#)

[Alberta - Find a Psychologist](#)

1-888-424-0297

Saskatchewan Crisis Hotlines

[Saskatoon Crisis Intervention](#)

[Service](#)

306-933-6200

[Mobile Crisis Services](#)

306-757-0127

Saskatchewan Resources

[Canadian Mental Health](#)

[Association - Saskatchewan](#)

[Division](#)

1-800-461-5483



Psychology Association of
Saskatchewan - Find a
Psychologist

Manitoba Crisis Hotlines

Manitoba Suicide Prevention Line
"Reason to Live"
1-877-435-7170

Klinic Crisis Line
1-888-322-3019

Manitoba Sexual Assault Crisis Line
1-888-292-7565

Manitoba Resources

Canadian Mental Health
Association - Manitoba Division
204-982-6100

Klinic Community Health
204-784-4090

Mental Health Education Resource
Centre of Manitoba
1-855-942-6568

Manitoba Psychological Society -
Find a Psychologist
204-488-7398

Yukon Crisis Hotlines

Yukon Crisis Line
403-668-9111

Yukon Resources

Yukon Health and Social Services
1-866-456-3838

Mood Disorders Society of Canada
- Yukon Division
1-867-667-8346

Canadian Mental Health
Association - Yukon
1-867-668-6429

Northwest Territories Crisis Hotlines

Northwest Territories Help Line
1-800-661-0844

Northwest Territories Resources

Department of Health and Social
Services
1-867-767-9061

Nunavut Crisis Hotlines

Nunavut Kamatsiaqtut Help Line
1-800-265-3333



Ontario Crisis Hotlines

[Ontario Mental Health Helpline](#)

1-866-531-2600

[Good2Talk](#)

1-866-925-5454

[Gerstein Crisis Centre](#)

416-929-5200

[Mental Health Crisis Line](#)

In Ottawa: 613-722-6914

In the larger Ottawa area: 1-866-996-0991

[ONTX Ontario Online & Text Crisis Service](#)

Text 258258

[District and Crisis Ontario Helplines](#)

416-486-2242

[Connex Ontario](#)

1-866-531-2600

Ontario Resources

[Ontario Psychological Association -](#)

Find a Psychologist

416-961-5552

[Canadian Mental Health](#)

[Association - Ontario Division](#)

1-800-875-6213

[Reconnect](#)

416-248-2050

[Ontario Victim Support Line](#)

1-888-579-2888

[Ontario 211](#)

1-877-330-3213

[Drug and Alcohol Helpline](#)

1-800-565-8603

[Toronto Distress Centre](#)

416-408-4357

[Toronto Rape Crisis Centre](#)

416-597-8808

Quebec Crisis Hotlines

[Centre de Prevention du Suicide de Quebec](#)

1-866-277-3553

Quebec Resources

[Action on Mental Illness](#)

1-877-303-0264



Centre de Prevention du Suicide du
Haut-Richelieu
450-348-6300

Movement Santé Mentale Quebec
514-849-3291

**Newfoundland and Labrador
Crisis Hotlines**

[Mental Health Crisis Line](#)
1-888-737-4668

**Newfoundland and Labrador
Resources**

[Canadian Mental Health
Association - Newfoundland and
Labrador Division](#)
1-877-753-8550

[Mental Health and Addictions
Services triage line](#)
1-844-353-3330

[Association of Psychology in
Newfoundland and Labrador - Find
a Psychologist](#)
709-739-5405

New Brunswick Crisis Hotlines

[Chimo Helpline](#)
1-800-667-5005

New Brunswick Resources
[Canadian Mental Health
Association - New Brunswick
Division](#)

506-455-5231

[College of Psychologists of N.B. -](#)

[Find a Psychologist](#)

506-382-1994

**Prince Edward Island Crisis
Hotlines**

[The Island Helpline](#)

1-800-218-2885

Prince Edward Island Resources

[Canadian Mental Health
Association - Prince Edward Island
Division](#)

902-566-3034

[Psychological Association of Prince
Edward Island - Find a Psychologist](#)

Nova Scotia Crisis Hotlines

[Mental Health Mobile Crisis Line](#)

1-888-429-8167



Nova Scotia Resources

[Canadian Mental Health](#)

[Association - Nova Scotia Division](#)

902-466-6600

[Association of Psychologists of](#)

[Nova Scotia](#) - Find a Psychologist

902-422-9183



Additional reading:

Coping with Stress: World Health Organization

[WHO Coping with stress during COVID-19](#)

[WHO helping children cope with stress during COVID-19](#)

Wellbeing and Working Remotely:

How to Work from Home if You Have Never Done it Before:

<https://www.nytimes.com/2020/03/12/smarter-living/how-to-work-from-home-if-youve-never-done-it-before.html>

Coronavirus and your Wellbeing:

<https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapseca1d7>



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