

Mental Wellness Toolbag  
COVID-19

- \*Take note of what you feel (anxious, fearful, sad, etc.) and when you feel it
  - acknowledge that what you feel is OK!
  - try journaling or logging your experiences
  - if you feel anxious every night with the evening news, adjust/remove your viewing habits
  - if anxious after social media use, schedule time to unplug! Take control!
  
- \*Explore the what and why
  - learn about what is happening in your experience (i.e. how anxiety works; see resources)
  
- \*Bring the focus back to today
  - try end-of-day routines to take account of the positives
  - try a gratitude journal (5 things you're grateful for - or even 1 thing!)
  
- \*Adjust your expectations/goals for the week/month/term
  - small, bite-sized goals for the day
  
- \*Maintain your routine
  - even if working from home, try to shower, dress, and go to your "office"
  - keep a work schedule - try for 30 minute intervals
  
- \*Move!
  - physical activity remains our greatest tool for maintaining mental wellness
  - as conductors this is a big missing piece of our new world
  
- \*Physical distancing but SOCIAL connection
  - schedule in regular video chats, phone calls, zoom coffees etc. to stay connected
  
- \*Take note of hydration and sleep
  - both have a great impact on our ability to think, process, and regulate emotions
  
- \*CONTROL
  - consider: what *can* I control? What can I *not* control?
  - be realistic: yes this situation stinks!
  - be hopeful: but this situation will not last forever - we *will* come through it
  
- \*Breathing, meditation, and grounding exercises
  - see resources below

Text covid19hope to 393939 for daily messages of hope during COVID

And finally...

\*If you're struggling and are in need of help, reach out

-if you're comfortable, reach out to family, friends, or other colleagues - speak honestly

-Alberta Mental Health Help Line, 24/7: 1-877-303-2642 (Toll free)

-Health Link, 24/7: 811

## Resources

Centre for Addiction and Mental Health

<https://www.camh.ca/en/health-info/mental-health-and-covid-19#coping>

CAMH - CBT Challenging anxious thoughts

[https://www.camh.ca/-/media/files/camh\\_covid19\\_infosheet-challenge\\_worries-pdf.pdf?la=en&hash=C353ECA675B347D3F37EBCA7F0E25E5FEDC2413F](https://www.camh.ca/-/media/files/camh_covid19_infosheet-challenge_worries-pdf.pdf?la=en&hash=C353ECA675B347D3F37EBCA7F0E25E5FEDC2413F)

River's Edge Counselling Centre

<https://www.riversedgecounselling.com/covid19-resources-for-mental-health-and-wellness?fbclid=IwAR01Yh0eHtM36e0fUyXZ6UKzZ8N4PZeXo7dQISMuYyP2NfJZiP8u-XUZmCc>

Psychology Today - Physical rather than social distancing

[https://www.psychologytoday.com/us/blog/the-refugee-experience/202003/lets-aim-physical-rather-social-distancing?fbclid=IwAR2ZLjMSPLDoxpAK97qADaeKROJS8C51sKlr7kTuoHZTpQeT\\_Exzis-OonY](https://www.psychologytoday.com/us/blog/the-refugee-experience/202003/lets-aim-physical-rather-social-distancing?fbclid=IwAR2ZLjMSPLDoxpAK97qADaeKROJS8C51sKlr7kTuoHZTpQeT_Exzis-OonY)

Anxiety and Depression Association of America

<https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>

Global - Wait There's More

<https://www.youtube.com/watch?v=TcYbm2AE8yk>

Mind UK - What is anxiety?

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/anxiety-and-panic-attacks/about-anxiety/>