

## **Taking Care of Yourself During a Pandemic**

COVID-19 has brought on many new challenges, not only in everyone's personal lives but at their workplaces as well. Your Joint Occupational Health & Safety Committee and CUPE 391 representatives are here to support you during these unprecedented times. Some of the ways we can improve our own mental well-being is by promoting a psychologically healthy workplace.

The following links and resources are provided to you by your JOHS Committee:

### **Self-care+**

[Wellness Together](#)

[CMH & Covid-19](#)

[An echo pandemic of mental health issues? Not if we can help it.](#)

[Wellness Together Canada](#)

[Pandemic pushing your anxiety buttons?](#)

['Social distancing' is a misnomer: we should be physically distancing, but remain as social as ever](#)

[I'm feeling stressed due to the pandemic](#)

[MHCC – Resources Hub: Mental Health and wellness during the COVID-19 pandemic](#)

[McGill – Dr. Turecki's COVID-19 stress management tips](#)

[Social connection is the cure](#)

[Your Social Distancing Survival Guide](#)

[Listening: how to make your social interactions real](#)

[Kindness is contagious. Not just fear](#)

[More than simply "fine"](#)

[Grieving Caring for Older Adults during COVID-19](#)

### **Workplace Mental Health**

[RETURN TO THE WORKPLACE :A psychological toolkit for heading back to work](#)

[6 tips to respond to employee anxiety about COVID-19](#)

[Why working from home is so exhausting and how to reinvigorate](#)

[Zoom Exhaustion is Real. Here Are Six Ways to Find Balance and Stay Connected](#)

[Working from Home During COVID. With and Without Children](#)

[How to cope with social distancing and working from home](#)

[Addressing the mental health effects of COVID-19 in the workplace: A guide for workers](#)

[Psychological Support Toolkit for Workers and Employers Virtual 5-Part Summit](#)

### **Caring for others**

[Caring for children in the COVID-19 crisis](#)

[Discovery College Kelowna: Coping with Current Events: A Parent, Family and Caregiver Toolkit](#)

[Tools for people aged 70 and over and caregivers](#)

[Screens and your child: the inside scoop](#)

[Tips on how to really listen](#)

(all of the above either created or recommended by CMH or Worksafe BC)

VPL has also compiled a comprehensive list of mental health resources accessible through the Hub. These were created by PLG and staff from Carnegie including our own JOHS Committee member Audrey Wang. To visit the following page, you must be on a VPL computer or log on to the network from home and click [here](#).

If you suspect that you may be suffering from mental health issues, please speak with your healthcare provider. They can make referrals to assist you in getting the necessary support you need.