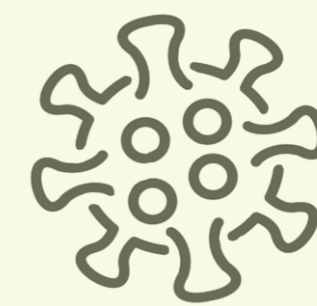


# Resources on staying mentally well while working from home under Coronavirus (COVID-19)



## Limit your intake of information.

- Focus on getting information that will help you take practical steps to protect yourself and your loved ones. Taking in too much or constant information about COVID-19 can cause you or those around you to feel worried or anxious.
- Limit the amount of time you spend watching, reading, or listening to news about COVID-19. Seek information at specific times once or twice per day, for example once in the morning and once in the evening.



Source: Alberta Health Services Provincial Addiction and Mental Health

## F.A.C.E. COVID-19

### Focus on what's in your control.

You can control what you do, here and now. Focus on that.



### Acknowledge your thoughts and feelings.

Silently and kindly acknowledge whatever is showing up inside you; thoughts, feelings, emotions, memories, sensations, urges, etc...

### Come back into your body.

Find ways to connect with your body. For example, breathing slowly, stretching, grounding your feet, etc...

### Engage in what you're doing.

Notice what you are doing here and now and give your full attention to that activity.

Source: Dr. Russ Harris, Acceptance Commitment Therapy (A.C.T.), *The Happiness Trap*

## How to cope with Social Distancing and Isolation.

Social distancing and isolation are precautionary measures to help reduce the likelihood of transmission of the virus and keep those vulnerable people in our communities safe. When possible try to plan ahead for periods of social isolation with ways you're able to cope and stay connected.

Remember, it's normal to feel a myriad of emotions including anxiety, loneliness, boredom, anger, frustration, etc., but remind yourself that the isolation period will end. For now, it's important to continue to work together as communities to keep one another safe.

- Re-frame the problem.
- Validate your feelings.
- Manage anxiety.
- Use psychological practices to manage stress.
- Stay connected.
- Maintain a regular routine and engage in healthy lifestyle activities.

Source: [myworkplacehealth.com](http://myworkplacehealth.com)



## Understand and identify Burnout and Secondary Traumatic Stress

**Burnout:** Feelings of extreme exhaustion and being overwhelmed.

**Secondary Traumatic Stress:** Stress reactions and symptoms resulting from exposure to another individual's traumatic experiences, rather than from exposure directly to a traumatic event.



## Develop a Buddy System

Get support from team members - two people from the team partner together to support each other, and monitor each other's stress, workload, and safety.

Source: [Center for Disease Control and Prevention](http://Center for Disease Control and Prevention)

## Work at Home Tips

It can be difficult to work from home during a pandemic because of the emotional impacts we might be experiencing. Here are some tips to create stability.

- Maintain a routine; get dressed for work even if you're not going into the office.
- Have an office and desk space set up, and be mindful of posture.
- Have a VPN, Zoom, Google Hangouts, and other necessary online tools set up.
- Talk to your employer about working off hours if you're caring for family.
- Reduce at-home distractions that don't require your immediate attention.
- Make a schedule plan and set deadlines for yourself and try to stick to it.



Source: [sunlife.ca](http://sunlife.ca)

# RESOURCES ON STAYING MENTALLY WELL WHILE WORKING FROM HOME UNDER CORONAVIRUS (COVID-19).



Topic	Summary	Link
Coronavirus (COVID-19) and Your Mental Health	From AHS Provincial Addiction and Mental Health, a 2-page tip sheet on managing stress and anxiety, includes links to resources.	
Text4Hope	Text4Hope is a new Alberta Health Services program that will text you a positive message each day to provide support and build coping skills during the Coronavirus (COVID-19) pandemic.	
How to Respond Effectively to the Coronavirus (COVID-19) Pandemic	In this brief animation, Dr Russ Harris, author of the international best-seller The Happiness Trap, illustrates how to use ACT (Acceptance and Commitment Therapy) to deal with the Coronavirus (COVID-19) pandemic and the fear, anxiety and worry that goes with it.	
Emergency Responders: Tips for taking care of yourself	Stress prevention and management is critical for responders to stay well and to continue to help in the situation. There are important steps responders should take before, during, and after an event. To take care of others, responders must be feeling well and thinking clearly.	
Coronavirus (COVID-19): How to cope with social distancing and working from home.	A blog from My Workplace Health on how to cope with social distancing and working from home. For many of us the result of Coronavirus (COVID-19) and social distancing means working from home. Many of us are struggling to make the transition to working from home and engaging in social distancing. Learn how to make this transition easier.	
WellCan – New app supports mental health during Coronavirus (COVID-19)	Canada Life has partnered with Morneau Shepell to develop a new app called WellCan to support the mental health of all Canadians during the Coronavirus (COVID-19) pandemic. The resource is accessible, free and available to everyone in Canada to download in app stores. WellCan will continuously be refreshed with the latest information and resources. Download this free app on the App Store or in Google Play.	
How to Reduce Coronavirus (COVID-19) Anxiety in the Workplace	Coronavirus is at the forefront of many of our minds. Anxiety is increasing amongst individuals and workplaces alike due to the uncertainty about how far it will spread. MyWorkplaceHealth has developed a series of videos and blogs on this topic that include the risks, talking to your children, and managing anxiety around Coronavirus.	
Coronavirus (COVID-19): How workplaces can prepare and protect.	The Canadian Centre for Occupational Health and Safety: Being informed and knowing what to do in the event of an outbreak will help minimize the impacts on our daily lives, work, and activities. Browse this site for helpful guidance, advice, and tools to help you plan, prepare, prevent, and protect against infectious disease outbreaks.	
Canadian Association of Social Workers Coronavirus (COVID-19) Resources	This website contains many resources that can be applicable to professionals and others.	
How to work from home during Coronavirus (COVID-19)	A blog from Sunlife on how to work from home productively.	

