

MENTAL HEALTH CONCERNS DURING COVID-19

SUPPORTING YOURSELF AND OTHERS

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Canadian Mental
Health Association
Association canadienne
pour la santé mentale



years of
community
ans dans la
communauté

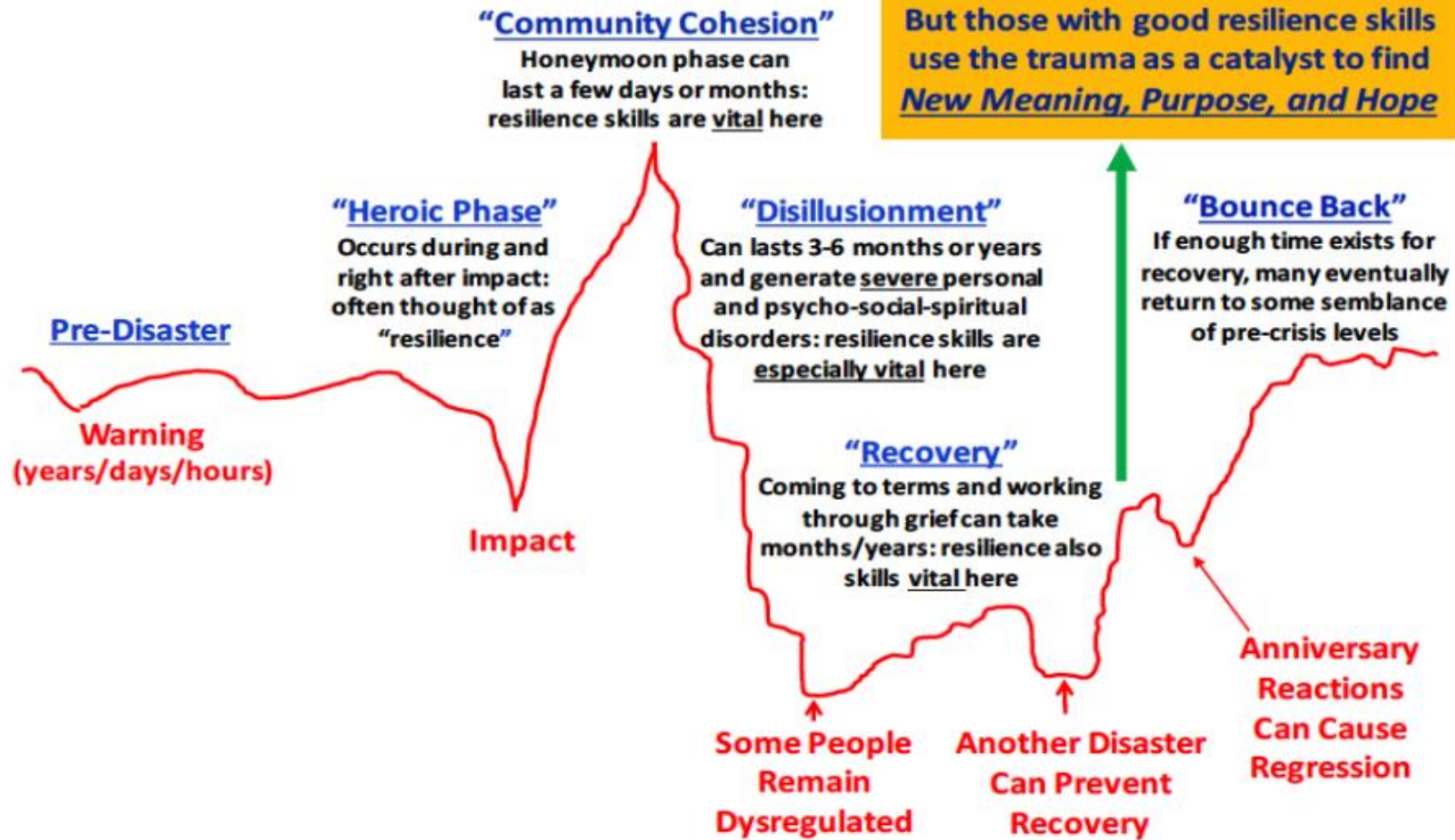
OUTLINE

1. Psychological challenges faced during crisis situations
2. Strategies to support your mental health and wellbeing
3. Considerations for staying healthy at work
4. Supporting family and friends

IT'S OKAY TO NOT BE OKAY

- Emergencies are always stressful
- A number of sources of stress
 - Fear and anxiety about the illness and consequences
 - Forced adaptation
 - Strain on social networks
- Increased incidence of mental health problems – primarily anxiety
 - Exacerbation of existing mental health problems

Phases Commonly Seen in Disasters and Emergencies

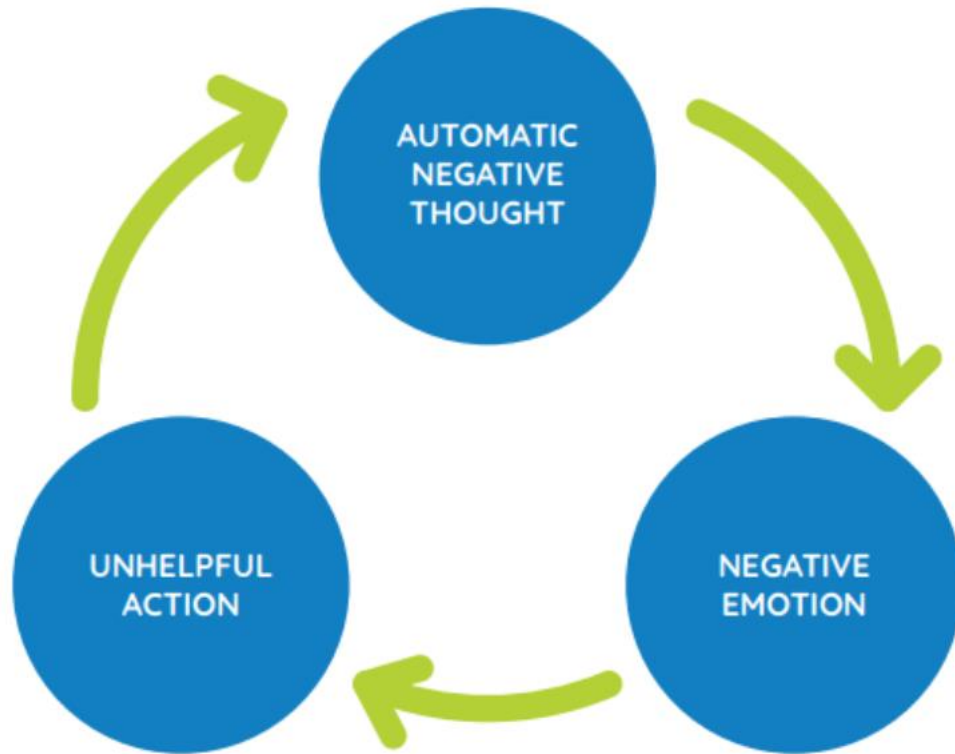


Adapted from Hallock, D. (2010) Understanding the four phases of disaster recovery: North Carolina Cooperative Extension Service (1999): Common stages of disaster recovery; Joseph S. (2013) *What Doesn't Kill Us*; and Doppelt, B (2016) *Transformational Resilience*.

STRATEGIES TO SUPPORT MENTAL HEALTH

- Acceptance
- Challenge negative thoughts
- Limit intake of stressful information
- Stay connected
- Practice proactive health management behaviours
- Focus on what you can control
- Good coping vs. bad coping?

CHALLENGING NEGATIVE THOUGHTS



Common Thought Traps:

1. Catastrophizing
2. Black and white thinking
3. Emotional reasoning

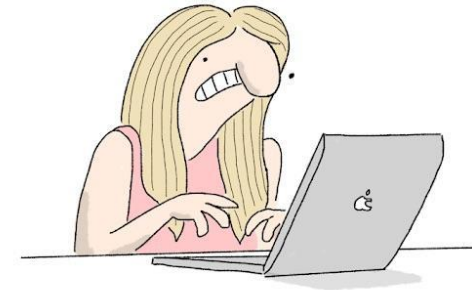
ABOUT SELF-CARE

- It's hard work!
- Facing stressors rather than avoiding them
- Intentional habits and practices that support wellbeing

CHOOSE YOUR METHOD OF SELF CARE



CONTORT YOUR BODY INTO PAINFUL SHAPES



SPEND A WEEK'S SALARY ON DUBIOUS ETSY PRODUCTS



SIT SILENTLY AND PRETEND YOU HAVE NO BRAIN



PAY A STRANGER TO HIT YOU

@Tommy Siegel

THIS ISN'T BUSINESS AS USUAL

- Empathy and understanding
- Changing productivity expectations
- Clear need for direction and prioritization

We aren't working from home during a pandemic.

We are staying safe at home during a pandemic and trying to get some work done.

PRACTICAL STRATEGIES

For Employees

- Acceptance
- Establish new routines to fit your life
- Connect with colleagues
- Access workplace supports

For Managers/Leaders

- Over-communicate
- Seek clarity over compliance
- Role model healthy behaviours and balance
- Clear direction and priorities

TIPS FOR SUPPORTING OTHERS

- Ask and express concern
- Listen and understand
- Encourage help
- Connect back and provide practical support

Crisis Services Canada: 1-833-456-4566 (24/7; ENG + FR)

TIPS FOR SUPPORTING CHILDREN & YOUTH

- Keep them active and engaged
- Establish and maintain routines
- Help them connect to peers
- Engage as a family unit
- Be kind to yourself

QUESTIONS?



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