

Resiliency in Uncertain Times

Feelings of fear, anxiety, sadness, and uncertainty are normal during a pandemic. Fortunately, being proactive about your mental health can help to keep both your mind and body stronger.

There are some things you can do to help:

Stick to the facts – ensure your information is sourced from a reputable website and limit online consumption of information.

Try to keep things in perspective – Social media, news outlets and even watercooler chat can amplify the spread misinformation. There is a concerted global effort to contain this virus, and we are doing our part.

Follow preventative measures – Washing your hands often and properly is the single most effective way to stop the spread of disease.

Participate in Self Care – In addition to engaging in proper hand hygiene and respiratory etiquette – you need to ensure you are caring for yourself. Do you have coping mechanisms in place that can help reduce stress and anxiety. Are you:

- Getting enough sleep?
- Eating properly?
- Hydrating well?
- Exercising?
- Doing something you enjoy?
- Sharing how you feel with others?

Seek assistance – Community Living Toronto has an Employee Assistance Program (EAP) that provides you with confidential access to a variety of supports and services, including self help materials and short- term counselling.

Remember there are supports and services in place to assist you:

Speak with your manager or supervisor
Refer to the tips for coping with COVID-19 sheet attached
Everyone can visit and/or resister at <https://www.workhealthlife.com/>
or call 1-844-880-9137

Websites for key information about COVID-19:

<https://www.toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/coronavirus/>

<https://www.ontario.ca/page/2019-novel-coronavirus>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>