

BRANT COMMUNITY HEALTHCARE SYSTEM MENTAL HEALTH RESOURCES FOR STAFF

MAY 2020 - ISSUE 3



A Mindfulness Practice for Healthcare Workers During COVID

Mindful.org is one voice of the emerging mindfulness community. The community offers a place to go for insight, information, and inspiration to help us all develop the skills that will allow us to navigate through challenging times, just like this.

When our minds become exhausted and overwhelmed - we often create a chaotic mental state with stressful thoughts leading to more stressful thoughts.

Turning to mindfulness practice can help us try to settle our minds and give ourselves the opportunity to see things with more clarity.

At [mindful.org](https://www.mindful.org), Dr. Mark Bertin has provided realistically accessible mindfulness practices for healthcare workers, during these physically and emotionally demanding times.

To access these resources, please visit:
<https://www.mindful.org/mindfulhome-mindfulness-for-healthcare-workers-during-covid>

Homewood Health - Employee & Family Assistance Programs

Homewood Health is the Canadian leader in mental health and addiction services.

As the EAP provider for the BCHS, they have evolved their pandemic plan to add a special layer of protection against the spread of the virus to continue to allow you and your family members to access EAP counselling services through Homewood.

If you are already seeing a counselor in person or have an upcoming appointment, you will be contacted by the person you were seeing at Homewood Health. They will make the process really clear and simple for you so you understand how you will connect with the counselor for your next session.

If you are feeling stressed or anxious, you can reach out to Homewood Health at 1-800-663-1142, 24/7/365 for assistance in getting the tools, resources and support you may be looking for.

Resources to support employees are posted on the homeweb.ca site for easy access for all employees and their family members.



Questions? More information? Contact Homewood's Client Services Centre at 1-800-663-1142.

Please visit homeweb.ca for many existing self-help resources including the online CBT tool, i-Volve (support for Anxiety and Depression) and e-Courses on topics such as stress, resilience and the importance of self-care to name a few.

If leaders are needing support they may still call the Key Person Advice Line (KPAL) for a consultation with a Clinical Manager. The Key Person Advice Line gives you, the manager, supervisor, owner or union representative the opportunity to contact a Homewood Health senior level clinician for prompt and timely consultation should a situation arise in the workplace that could benefit from professional input.

Questions? More information? For coaching or consultation contact Homewood's Client Services Centre at 1-800-663-1142.



A Brain Hack to Break the Coronavirus Anxiety Cycle

Coronavirus seems to be bringing out the best and worst of humanity. During these difficult times, anxiety about the virus spreads through social contagion.

At the beginning of the pandemic, we clearly saw examples of this such as individuals who stocked up on a large amount of supplies because they saw others doing so.

In an article published by the New York Times, Dr. Judson A. Brewer, M.D., examines strategies that will help to minimize this anxiety. To read the article, please visit:

<https://www.nytimes.com/2020/03/13/well/mind/a-brain-hack-to-break-the-coronavirus-anxiety-cycle.html>

Self-Appreciation: The Flip Side of Self-Compassion

We all experience an entire range of emotions during difficult times, sometimes changing from one minute to the next. Due to the pandemic, many of us fluctuate between feeling scared and feeling that everyone is overreacting. We are often most hard on ourselves. Sometimes it's more difficult to see what's right about ourselves than what's wrong.

Dr. Kristin Neff, Ph.D., widely recognized as one of the world's leading experts on self-compassion. She explores the importance of self-appreciation in the article "Self-Appreciation: The Flip Side of Self-Compassion". This article as well as other programs to teach self compassion skills, can be found by visiting:

<https://self-compassion.org/self-appreciation-the-flip-side-of-self-compassion/>

