



Mental Health  
Commission  
of Canada

Commission de  
la santé mentale  
du Canada

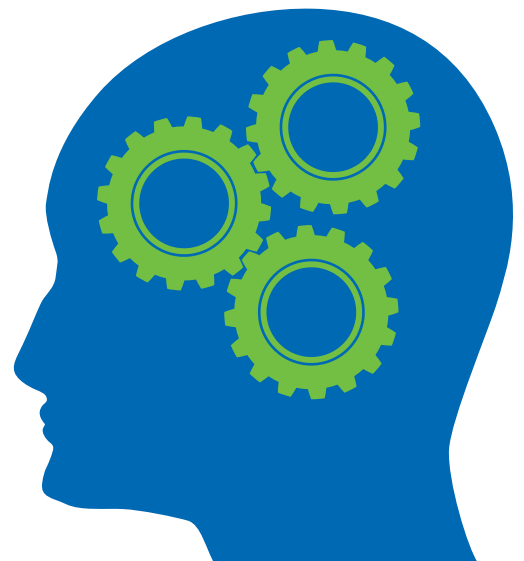
The Working Mind



# The Working Mind™

## Workplace Mental Health & Wellness

COVID-19  
Self-care & Resilience Guide



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# Mental Health Continuum Self-Check

Check the signs and indicators that really speak to how you experience stress and write any additional changes you might notice in the “my personal changes” section.

	Healthy	Reacting	Injured	Ill
<b>Changes in Mood</b>	Normal mood fluctuations Calm Confident	Irritable Impatient Nervous Sadness	Angry Anxious Pervasive sadness	Easily enraged Excessive anxiety/panic Depressed mood, numb
<b>Changes in Thinking and Attitude</b>	Good sense of humour Takes things in stride Ability to concentrate and focus on tasks	Displaced sarcasm Intrusive thoughts Sometimes distracted or loss of focus on tasks	Negative attitude Recurrent intrusive thoughts/images Constantly distracted or cannot focus on tasks	Noncompliant Suicidal thoughts/intent Inability to concentrate, loss of memory or cognitive abilities
<b>Changes in Behaviour and Performance</b>	Physically and socially active Performing well	Decreased activity/socializing Procrastination	Avoidance Decreased performance Tardiness Begins to pull away from family	Withdrawal Can't perform duties/tasks Absenteeism Is not mentally present at home
<b>Physical Changes</b>	Normal sleep patterns Good appetite Feeling energetic Maintaining a stable weight	Trouble sleeping Changes in eating patterns Some lack of energy Some weight gain	Restless sleep Loss of appetite Some tiredness or fatigue Fluctuations or changes in weight	Cannot fall/stay asleep No appetite Constant lasting fatigue/exhaustion Extreme weight gain or loss
<b>Changes in Substance Use and Addictive Behaviours</b>	Limited alcohol consumption, no binge drinking Limited/no addictive behaviours No trouble/impact (social, economic, legal, financial) due to substance use	Regular to frequent alcohol consumption, limited binge drinking Some regular to addictive behaviours Limited to some trouble/impact due to substance use	Frequent alcohol consumption, binge drinking Struggles to control addictive behaviours Struggle to control addictive behaviours	Regular to frequent binge drinking Addiction Significant trouble/impact due to substance use
<b>My Personal Changes</b>				

# Self-care and Resilience

When life gets busy and our sense of well-being and balance is affected, we often forget to take care of ourselves or we look for quick fixes or solutions to problems. Building self-care into your daily or weekly routine can greatly improve resilience and prevent burnout.

Create a self-care and resilience plan: Use this worksheet to map out how and when to use these self-care practices and resilience building strategies. Identify what you need support with and find people and resources that can support you. Take time to discover these supports now so they will be easier to access when you actually need them.

Put a check mark next to the items that you think might be helpful and that you are willing to try. Pick some key ones for you - many strategies may look interesting but focus on those you feel you will have time to work on and incorporate them into your daily or weekly routines:

Write in a journal	Acupuncture or other complementary treatments	Join a support group
Volunteer for a cause meaningful to you	Spend time outdoors, especially in nature	Have a game night with friends
Make a gratitude list	Go for a drive	Work in the garden
Take a fresh air break	Exercise - walking, hiking, biking, etc.	Get creative: draw, paint, write a song, or cook a new meal
Meditate or listen to guided visualization	Join a social club	Try a new hobby
Cuddle with pets	Get a massage	Have an adventure day
Treat yourself to a nice meal	Buy yourself flowers	Creative arts
Take a nap	Turn off electronic devices	Spend time with children - read to them, listen to their laughter, play with them, etc.
Listen to music	Have a movie marathon	Create a poster with images of a positive vision
Practice yoga	Play a game	Listen to enjoyable podcasts or videos
Lay in the grass	Dance	Nutrition - increase healthy food choices
Go for a nature walk	Wear something that makes you feel confident	
Photography	Browse your local music store or bookstore	
Read a good book		
Write a blog		

**Source:** Adapted from Self-care starter kit, Homewood Health

**Next Step:** On the next page, list your top 3 items and plan when, how and who can support you.

# My Self-care and Resilience Plan

My top 3 Self-care practices/strategies/resources	When will you do this? How? Who/ What can support you?
1.	
2.	
3.	

Make a commitment to yourself to practice your self-care routine as often as you can.

# Mental Health Resources

## National, Provincial and Territorial Crisis lines

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### National Crisis Hotlines

[Kids Help Phone](#)

1-800-668-6868

[Crisis Services Canada](#)

1-833-456-4566 or text 45645

[First Nations and Inuit Hope for Wellness Help Line](#)

1-855-242-3310

[Canada Drug Rehab Addiction Services Directory](#)

1-877-746-1963

[National Eating Disorder Information Centre](#)

1-866-633-4220

### National Resources for Information about Mental Illness

[Bell Let's Talk](#)

[Canadian Association for Suicide Prevention](#)

(not a crisis line)

613-702-4446

[Canadian Mental Health Association](#)

416-646-5557

[Canadian Psychological Association](#)

1-888-472-0657

[Mood Disorders Society of Canada](#)

613-921-5565

[Schizophrenia Society of Canada](#)

1-800-263-5545

[Mental Health Commission](#)

613-683-3755

### British Columbia Crisis Hotlines

[Crisis Centre](#)

1-800-784-2433

No area code needed: 310-6789

### British Columbia Resources

[Canadian Mental Health Association - British Columbia Division](#)

1-800-555-8222

[HeretoHelp](#)

1-800-661-2121

[Youth in B.C. online chat](#)

Greater Vancouver: 604-872-3311

Howe Sunshine & Sunshine Coast:

1-866-661-3311

[Aboriginal Wellness Program](#)

(604) 736-2033 or 1-866-884-0888

[B.C. Psychological Association -](#)

Find a Psychologist

1-800-730-0522

[B.C. Problem Gambling Help Line](#)

1-888-795-6111

### Alberta Crisis Hotlines

[Distress Centre](#)

403-266-4357

### Alberta Resources

[Canadian Mental Health Association - Alberta Division](#)

780-482-6576

[Suicide Information and Education Services](#)

403-342-4966

[Psychologists Association of Alberta](#) -  
Find a Psychologist  
1-888-424-0297

### **Saskatchewan Crisis Hotlines**

[Saskatoon Crisis Intervention Service](#)  
306-933-6200

[Mobile Crisis Services](#)  
306-757-0127

### **Saskatchewan Resources**

[Canadian Mental Health Association -  
Saskatchewan Division](#)  
1-800-461-5483

[Psychology Association of Saskatchewan](#) -  
Find a Psychologist

### **Manitoba Crisis Hotlines**

[Manitoba Suicide Prevention Line “Reason to  
Live”](#)  
1-877-435-7170

[Klinic Crisis Line](#)  
1-888-322-3019

[Manitoba Sexual Assault Crisis Line](#)  
1-888-292-7565

### **Manitoba Resources**

[Canadian Mental Health Association -  
Manitoba Division](#)  
204-982-6100

[Klinic Community Health](#)  
204-784-4090

[Mental Health Education Resource Centre of  
Manitoba](#)  
1-855-942-6568

[Manitoba Psychological Society](#) - Find a  
Psychologist  
204-488-7398

### **Yukon Crisis Hotlines**

[Yukon Crisis Line](#)  
403-668-9111

### **Yukon Resources**

[Yukon Health and Social Services](#)  
1-866-456-3838

[Mood Disorders Society of Canada - Yukon  
Division](#)  
1-867-667-8346

[Canadian Mental Health Association - Yukon](#)  
1-867-668-6429

### **Northwest Territories Crisis Hotlines**

[Northwest Territories Help Line](#)  
1-800-661-0844

### **Northwest Territories Resources**

[Department of Health and Social Services](#)  
1-867-767-9061

### **Nunavut Crisis Hotlines**

[Nunavut Kamatsiaqtut Help Line](#)  
1-800-265-3333

### **Ontario Crisis Hotlines**

[Ontario Mental Health Helpline](#)  
1-866-531-2600

[Good2Talk](#)  
1-866-925-5454

[Gerstein Crisis Centre](#)  
416-929-5200

[Mental Health Crisis Line](#)  
In Ottawa: 613-722-6914  
In the larger Ottawa area: 1-866-996-0991

[ONTX Ontario Online & Text Crisis Service](#)  
Text 258258

[District and Crisis Ontario Helplines](#)  
416-486-2242

[Connex Ontario](#)  
1-866-531-2600

### **Ontario Resources**

[Ontario Psychological Association - Find a Psychologist](#)  
416-961-5552

[Canadian Mental Health Association - Ontario Division](#)  
1-800-875-6213

[Reconnect](#)  
416-248-2050

[Ontario Victim Support Line](#)  
1-888-579-2888

[Ontario 211](#)  
1-877-330-3213

[Drug and Alcohol Helpline](#)  
1-800-565-8603

[Toronto Distress Centre](#)  
416-408-4357

[Toronto Rape Crisis Centre](#)  
416-597-8808

### **Quebec Crisis Hotlines**

[Centre de Prevention du Suicide de Quebec](#)  
1-866-277-3553

### **Quebec Resources**

[Action on Mental Illness](#)  
1-877-303-0264

[Centre de Prevention du Suicide du Haut-Richelieu](#)  
450-348-6300

[Movement Santé Mentale Quebec](#)  
514-849-3291

### **Newfoundland and Labrador Crisis Hotlines**

[Mental Health Crisis Line](#)  
1-888-737-4668

### **Newfoundland and Labrador Resources**

[Canadian Mental Health Association - Newfoundland and Labrador Division](#)  
1-877-753-8550

[Mental Health and Addictions Services triage line](#)  
1-844-353-3330

[Association of Psychology in Newfoundland and Labrador - Find a Psychologist](#)  
709-739-5405

### **New Brunswick Crisis Hotlines**

[Chimo Helpline](#)  
1-800-667-5005

### **New Brunswick Resources**

[Canadian Mental Health Association - New Brunswick Division](#)  
506-455-5231

[College of Psychologists of N.B. - Find a Psychologist](#)  
506-382-1994



## Prince Edward Island Crisis Hotlines

[The Island Helpline](#)

1-800-218-2885

## Prince Edward Island Resources

[Canadian Mental Health Association - Prince Edward Island Division](#)

902-566-3034

[Psychological Association of Prince Edward Island - Find a Psychologist](#)

## Nova Scotia Crisis Hotlines

[Mental Health Mobile Crisis Line](#)

1-888-429-8167

## Nova Scotia Resources

[Canadian Mental Health Association - Nova Scotia Division](#)

902-466-6600

[Association of Psychologists of Nova Scotia - Find a Psychologist](#)  
902-422-9183

## Additional Reading

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### Coping with Stress: World Health Organization

[WHO Coping with stress during COVID-19](#)

[WHO helping children cope with stress during COVID-19](#)

### Wellbeing and Working Remotely

How to Work from Home if You Have Never Done it Before:

<https://www.nytimes.com/2020/03/12/smarter-living/how-to-workfrom-home-if-youve-never-done-it-before.html>

Coronavirus and your Wellbeing:

<https://www.mind.org.uk/information-support/coronavirus-and-yourwellbeing/#collapseca1d7>



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