

MEMO

Date: December 10, 2020

To: All Service Delivery Organization Staff

From: Ben Fry, Interim Chief Operations Officer, Mental Health and Addictions
Dr. Jitender Sareen, Provincial Specialty Lead for Mental Health and Addictions

Re: **Health and Wellness Resources for Health System Staff**

COVID-19 has challenged health system workers to change how we conduct ourselves in the workplace, our homes and within our social connections. With those challenges, it would be natural to feel stress, fear, concern and emotional fatigue.

Now, more than ever, it is important to show kindness and compassion to ourselves and one another. Some of the ways we can manage in these uncertain times is to focus on the positive aspects of our lives and things we can control.

To help us do so, Shared Health and our Psychological Health & Safety Committee partners have developed three resources for health system workers:

- An online Mental Health and Wellness Resource Finder that provides provincial resources tailored to a number of wellness needs. The tool can be found [here](#).
- A business card sized '[pocket card](#)' that provides helpful self-care tips for spiritual, mental, emotional and physical well-being. Be sure to ask your manager for your copy.
- Staff Booster sessions led by skilled trainers designed to fit busy schedules. The sessions are approximately 20 minutes and include topics such as stress management, self-care and dealing with uncertainty. Sessions will be available at various times weekdays and weekends to ensure staff from across the province are able to attend. All sessions will be recorded and available [here](#).