The Working Mind
COVID-19
Self-care & Resilience Guide
<table>
<thead>
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<th>Section</th>
<th>Page</th>
</tr>
</thead>
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<td>Mental Health Resources</td>
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</tr>
</tbody>
</table>
Mental Health Continuum Self-Assessment

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

<table>
<thead>
<tr>
<th>HEALTHY</th>
<th>REACTING</th>
<th>INJURED</th>
<th>ILL</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Normal mood fluctuations</td>
<td>□ Irritable</td>
<td>□ Angry</td>
<td>□ Easily enraged</td>
</tr>
<tr>
<td>□ Calm</td>
<td>□ Impatient</td>
<td>□ Anxious</td>
<td>□ Excessive anxiety/panic</td>
</tr>
<tr>
<td>□ Confident</td>
<td>□ Nervous</td>
<td>□ Pervasive Sadness</td>
<td>□ Depressed mood, numb</td>
</tr>
</tbody>
</table>

**Changes in Mood**

<table>
<thead>
<tr>
<th>HEALTHY</th>
<th>REACTING</th>
<th>INJURED</th>
<th>ILL</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Good sense of humour</td>
<td>□ Displaced sarcasm</td>
<td>□ Negative attitude</td>
<td>□ Non compliant</td>
</tr>
<tr>
<td>□ Takes things in stride</td>
<td>□ Intrusive thoughts</td>
<td>□ Recurrent attitude</td>
<td>□ Suicidal thoughts/intent</td>
</tr>
<tr>
<td>□ Ability to concentrate and focus on tasks</td>
<td>□ Sometimes distracted or lost focus on tasks</td>
<td>□ Constantly distracted or cannot focus on tasks</td>
<td>□ Inability to concentrate, loss of memory or cognitive abilities</td>
</tr>
</tbody>
</table>

**Changes in Thinking and Attitude**

<table>
<thead>
<tr>
<th>HEALTHY</th>
<th>REACTING</th>
<th>INJURED</th>
<th>ILL</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Physically and socially active</td>
<td>□ Decreased activity/socializing</td>
<td>□ Avoidance</td>
<td>□ Withdrawal</td>
</tr>
<tr>
<td>□ Performing well</td>
<td>□ Procrastination</td>
<td></td>
<td>□ Absenteeism</td>
</tr>
</tbody>
</table>

**Changes in Behavior and Performance**

<table>
<thead>
<tr>
<th>HEALTHY</th>
<th>REACTING</th>
<th>INJURED</th>
<th>ILL</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Normal sleep patterns</td>
<td>□ Trouble sleeping</td>
<td>□ Restless sleep</td>
<td>□ Cannot fall/stay asleep</td>
</tr>
<tr>
<td>□ Good appetite</td>
<td>□ Changes in eating</td>
<td>□ Loss of appetite</td>
<td>□ No appetite</td>
</tr>
<tr>
<td>□ Feeling energetic</td>
<td>□ Some lack of energy</td>
<td>□ Some tiredness or fatigue</td>
<td>□ Constant lasting fatigue/exhaustion</td>
</tr>
<tr>
<td>□ Maintaining a stable weight</td>
<td>□ Some weight loss or gain</td>
<td>□ Fluctuations or changes in weight</td>
<td>□ Extreme weight loss or gain</td>
</tr>
</tbody>
</table>

**Physical Changes**

<table>
<thead>
<tr>
<th>HEALTHY</th>
<th>REACTING</th>
<th>INJURED</th>
<th>ILL</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Limited alcohol consumption, no binge drinking</td>
<td>□ Regular to frequent alcohol consumption, limited binge drinking</td>
<td>□ Frequent alcohol consumption, binge drinking</td>
<td>□ Regular to frequent binge drinking</td>
</tr>
<tr>
<td>□ Limited/no addictive behaviours</td>
<td>□ Some regular to addictive behaviours</td>
<td>□ Struggle to control addictive behaviours</td>
<td>□ Addiction</td>
</tr>
<tr>
<td>□ No trouble/impact (social, economic, legal, financial) due to substance use</td>
<td>□ Limited to some trouble/impact due to substance use</td>
<td>□ Struggle to control addictive behaviours</td>
<td>□ Significant trouble/impact due to substance use</td>
</tr>
</tbody>
</table>

**Changes in Addictive Behaviours**

<table>
<thead>
<tr>
<th>HEALTHY</th>
<th>REACTING</th>
<th>INJURED</th>
<th>ILL</th>
</tr>
</thead>
<tbody>
<tr>
<td>□</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>□</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**My Personal Changes**

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TWM SELF-CARE & RESILIENCE GUIDE
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 checkmark 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
- Volunteer for a cause meaningful to you
- Make a gratitude list
- Take a fresh air break
- Meditate or listen to guided visualization
- Cuddle with pets
- Treat yourself to a nice meal
- Take a nap
- Listen to music
- Practice yoga
- Lay in the grass
- Photography
- Read a good book
- Write a blog
- Spend time outdoors, if possible
- Go for a drive
- Exercise
- Join an online social club
- Listen to enjoyable podcasts or videos
- Turn off electronic devices
- Have a movie marathon
- Play a game
- Dance
- Wear something that makes you feel confident
- Join an online support group
- Have a virtual game night with friends
- Work in the garden
- Get creative: draw, paint, write a song, or cook a new meal
- Try a new hobby
- Have an adventure day
- Creative arts
- Spend time with your children – read to them, listen to their laughter, play with them, etc.
- Create a poster with images of a positive vision
- Nutrition – increase healthy food choices

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

<table>
<thead>
<tr>
<th>My top 3 Self-care practices/strategies/resources</th>
<th>When will you do this? How? Who/What can support you?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td></td>
</tr>
<tr>
<td>2.</td>
<td></td>
</tr>
<tr>
<td>3.</td>
<td></td>
</tr>
</tbody>
</table>

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:

<table>
<thead>
<tr>
<th>National Crisis Hotlines</th>
<th>National Resources for Information about Mental Illness</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Kids Help Phone</strong></td>
<td>Bell Let's Talk</td>
</tr>
<tr>
<td>1-800-668-6868</td>
<td></td>
</tr>
<tr>
<td><strong>Crisis Services Canada</strong></td>
<td>Canadian Association for Suicide Prevention (not a crisis line)</td>
</tr>
<tr>
<td>1-833-456-4566 or text 45645</td>
<td>613-702-4446</td>
</tr>
<tr>
<td><strong>First Nations and Inuit Hope for Wellness Help Line</strong></td>
<td>Canadian Mental Health Association</td>
</tr>
<tr>
<td>1-855-242-3310</td>
<td>416-646-5557</td>
</tr>
<tr>
<td><strong>Canada Drug Rehab Addiction Services Directory</strong></td>
<td>Canadian Psychological Association</td>
</tr>
<tr>
<td>1-877-746-1963</td>
<td>1-888-472-0657</td>
</tr>
<tr>
<td><strong>National Eating Disorder Information Centre</strong></td>
<td>Mood Disorders Society of Canada</td>
</tr>
<tr>
<td>1-866-633-4220</td>
<td>613-921-5565</td>
</tr>
<tr>
<td></td>
<td>Schizophrenia Society of Canada</td>
</tr>
<tr>
<td></td>
<td>1-800-263-5545</td>
</tr>
<tr>
<td></td>
<td>Mental Health Commission</td>
</tr>
<tr>
<td></td>
<td>613-683-3755</td>
</tr>
</tbody>
</table>
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

ONTX Ontario Online & Text Crisis Service
Text 258258
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:

Coping with Stress: World Health Organization


[WHO helping children cope with stress during COVID-19](https://www.who.int/docs/default-source/coronaviruse
documents/20200227_childrens-mental-health-en.pdf?sfvrsn=2005f5d1_1)

Wellbeing and Working Remotely:

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


*Coronavirus and your Wellbeing:*

https://www.mind.org.uk/information-support/coronavirus-and-your-wellbeing/#collapseca1d7

Contact us: theworkingmind@mentalhealthcommission.ca
Visit: www.theworkingmind.ca
Follow us: [facebook](https://www.facebook.com/TWM.Canada) / [twitter](https://twitter.com/TWM_Canada)