

Resources on staying mentally well while working from home under Coronavirus (COVID-19)



Limit your intake of information.

- Focus on getting information that will help you take practical steps to protect yourself and your loved ones. Taking in too much or constant information about COVID-19 can cause you or those around you to feel worried or anxious.
- Limit the amount of time you spend watching, reading, or listening to news about COVID-19. Seek information at specific times once or twice per day, for example once in the morning and once in the evening.



Source: Alberta Health Services Provincial Addiction and Mental Health

F.A.C.E. COVID-19

Focus on what's in your control.

You can control what you do, here and now. Focus on that.



Acknowledge your thoughts and feelings.

Silently and kindly acknowledge whatever is showing up inside you; thoughts, feelings, emotions, memories, sensations, urges, etc...

Come back into your body.

Find ways to connect with your body. For example, breathing slowly, stretching, grounding your feet, etc...

Engage in what you're doing.

Notice what you are doing here and now and give your full attention to that activity.

Source: Dr. Russ Harris, Acceptance Commitment Therapy (A.C.T.), The Happiness Trap

How to cope with Social Distancing and Isolation.

Social distancing and isolation are precautionary measures to help reduce the likelihood of transmission of the virus and keep those vulnerable people in our communities safe. When possible try to plan ahead for periods of social isolation with ways you're able to cope and stay connected.

Remember, it's normal to feel a myriad of emotions including anxiety, loneliness, boredom, anger, frustration, etc., but remind yourself that the isolation period will end. For now, it's important to continue to work together as communities to keep one another safe.

- Re-frame the problem.
- Validate your feelings.
- Manage anxiety.
- Use psychological practices to manage stress.
- Stay connected.
- Maintain a regular routine and engage in healthy lifestyle activities.

Source: myworkplacehealth.com



Understand and identify Burnout and Secondary Traumatic Stress

Burnout: Feelings of extreme exhaustion and being overwhelmed.

Secondary Traumatic Stress: Stress reactions and symptoms resulting from exposure to another individual's traumatic experiences, rather than from exposure directly to a traumatic event.



Develop a Buddy System

Get support from team members – two people from the team partner together to support each other, and monitor each other's stress, workload, and safety.

Source: Center for Disease Control and Prevention

Work at Home Tips

It can be difficult to work from home during a pandemic because of the emotional impacts we might be experiencing. Here are some tips to create stability.

- Maintain a routine; get dressed for work even if you're not going into the office.
- Have an office and desk space set up, and be mindful of posture.
- Have a VPN, Zoom, Google Hangouts, and other necessary online tools set up.
- Talk to your employer about working off hours if you're caring for family.
- Reduce at-home distractions that don't require your immediate attention.
- Make a schedule plan and set deadlines for yourself and try to stick to it.



Source: sunlife.ca