Caring for Yourself During the COVID-19 Pandemic

Mental Health VIRTUAL Training
Course Handout
Modules 1 & 2
### 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 ‘my personal changes’ section.

<table>
<thead>
<tr>
<th>Changes in Mood</th>
<th>HEALTHY</th>
<th>REACTING</th>
<th>INJURED</th>
<th>ILL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Changes in Mood</td>
<td>□ Normal mood fluctuations</td>
<td>□ Irritable</td>
<td>□ Angry</td>
<td>□ Easily enraged</td>
</tr>
<tr>
<td>Changes in Mood</td>
<td>□ Calm</td>
<td>□ Impatient</td>
<td>□ Anxious</td>
<td>□ Excessive anxiety/panic</td>
</tr>
<tr>
<td>Changes in Mood</td>
<td>□ Confident</td>
<td>□ Nervous</td>
<td>□ Pervasive Sadness</td>
<td>□ Depressed mood, numb</td>
</tr>
<tr>
<td>Changes in Thinking and Attitude</td>
<td>□ Good sense of humour</td>
<td>□ Displaced sarcasm</td>
<td>□ Negative attitude</td>
<td>□ Non compliant</td>
</tr>
<tr>
<td>Changes in Thinking and Attitude</td>
<td>□ Takes things in stride</td>
<td>□ Intrusive thoughts</td>
<td>□ Recurrent intrusive thoughts/images</td>
<td>□ Suicidal thoughts/intent</td>
</tr>
<tr>
<td>Changes in Thinking and Attitude</td>
<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>
<tr>
<td>Changes in Behavior and Performance</td>
<td>□ Physically and socially active</td>
<td>□ Decreased activity/socializing</td>
<td>□ Avoidance</td>
<td>□ Withdrawal</td>
</tr>
<tr>
<td>Changes in Behavior and Performance</td>
<td>□ Performing well</td>
<td>□ Procrastination</td>
<td>□ Tardiness</td>
<td>□ Absenteeism</td>
</tr>
<tr>
<td>Changes in Behavior and Performance</td>
<td>□ Limited alcohol consumption, no binge drinking</td>
<td>□ Trouble sleeping</td>
<td>□ Decreased performance</td>
<td>□ Can’t perform duties/tasks</td>
</tr>
<tr>
<td>Physical Changes</td>
<td>□ Good appetite</td>
<td>□ Changes in eating</td>
<td>□ Begins to pull away from family</td>
<td>□ Is not mentally present at home</td>
</tr>
<tr>
<td>Physical Changes</td>
<td>□ Feeling energetic</td>
<td>□ Some lack of energy</td>
<td>□ Restless sleep</td>
<td></td>
</tr>
<tr>
<td>Physical Changes</td>
<td>□ Maintaining a stable weight</td>
<td>□ Some weight loss or gain</td>
<td>□ Loss of appetite</td>
<td></td>
</tr>
<tr>
<td>Physical Changes</td>
<td>□ Limited alcohol consumption, no binge drinking</td>
<td>□ Regular to frequent alcohol consumption, limited binge drinking</td>
<td>□ Some tiredness or fatigue</td>
<td></td>
</tr>
<tr>
<td>Physical Changes</td>
<td>□ Limited/no addictive behaviours</td>
<td>□ Some regular to addictive behaviours</td>
<td>□ Fluctuations or changes in weight</td>
<td></td>
</tr>
<tr>
<td>Physical Changes</td>
<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>□ Cannot fall/stay asleep</td>
<td></td>
</tr>
<tr>
<td>Physical Changes</td>
<td>□ Limited alcohol consumption, no binge drinking</td>
<td>□ Regular to frequent alcohol consumption, limited binge drinking</td>
<td>□ Struggle to control addictive behaviours</td>
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<td></td>
</tr>
</tbody>
</table>

### My Personal Changes

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Mental Health Continuum Scenario

As a result of the current crisis, your workplace has made a lot of changes to its business operations including modified work duties and shifts. Many part-time employees have been laid off and many other front-line workers, like yourself, have been working extended hours, taking on extra duties and facing increased health risks. In the last week or so, you have been feeling exhausted, frustrated and overwhelmed and one day, you break down crying in front of everyone. You are worried about getting sick and losing your family income if you can’t keep going this way.

Refer to the Mental Health Continuum Poster to help guide your discussion.

How am I Doing?

Green: Healthy
- Use simple coping tools: walk, talk to friends, music
- Limit news and media

Yellow: Reacting
- Get good sleep and eat well
- Seek support from others

Orange: Injured
- Time to get professional help

Red: Ill
- Get help now
- Call a crisis line

Questions

1. What signs and indicators are you noticing?

2. Where might you be on the continuum?

3. Where can you go, what can you do and who can you talk to at this time?
Big 4 Scenario

You are usually a very patient and easy-going person who likes to make jokes. Lately, you’ve lost your sense of humour and you’re feeling more frustrated about having to manage additional work while trying to take care of your family and worry about your elderly parents. You would like to ask your boss for help but, with the recent layoffs, the last thing you want is for your boss to feel like you’re not able to do your job. You often catch yourself thinking negative thoughts such as ‘I’m such a failure’, ‘I’m going to lose my job’ and ‘I should be able to do more’. The constant worry is keeping you up at night.

The Big 4 Strategies

Questions

1. What signs and indicators are you noticing?

2. Where might you be on the Mental Health Continuum (green – healthy; yellow – reacting; orange – injured; red – ill)?

3. Which of the Big 4 strategies would you use and in what order?
COVID-19 Resources

MHCC Resource Hub: Mental health and wellness during the COVID-19 pandemic
https://www.mentalhealthcommission.ca/English/covid19

MHCC Resources in Response to COVID-19

- Choosing sources of information
- Mental Health First Aid COVID-19 Self-Care & Resilience Guide
- Tips on talking to someone in crisis during COVID-19
  https://www.mentalhealthcommission.ca/sites/default/files/2020-03/
  Tips_Active_Listening_COVID_eng.pdf
- Caregiving in the era of COVID-19: What to expect, and how to cope
- First Responder Q&A COVID-19 Resource

External COVID-19 Resources

Canadian Emergency Crisis Centres

Government of Canada

- Latest information about COVID-19
- Your provincial/territorial public health authority
- Wellness Together Canada: Mental Health and Substance Use Support
  https://ca.portal.gs/

Bell Lets Talk

- Let’s get through this together

Canadian Association of College and University Student Services

- Resources and Support regarding COVID-19
  https://community.cacuss.ca/communities/community-home?CommunityKey=8960b6d5-390b-4e3d-86cc-f0239fde3e1%E2%81%A3%E2%81%A3

Canadian Centre for Occupational Health and Safety

- Workplace health and safety
  https://www.ccohs.ca/oshanswers/diseases/coronavirus.html

Canadian Centre on Substance Use and Addiction

- Impacts of COVID-19 on Substance Use
  https://www.ccsa.ca/Impacts-COVID-19-Substance-Use
Canadian Federation of Agriculture
• COVID-19 Resources
  https://www.cfa-fca.ca/resources/resources-on-covid-19/

Canadian Mental Health Association (CMHA)
• Resources to support mental health
• Caring for children in the COVID-19 crisis

Canadian Paediatric Society
• COVID-19 information and resources for pediatricians

Canadian Psychological Association
• COVID-19. Psychologists giving back to front line service providers
  https://cpa.ca/corona-virus/psychservices/
• “Psychology Works” Fact Sheets
  https://cpa.ca/psychologyfactsheets/

Centre for Addiction and Mental Health (CAMH)
• Coping with stress and anxiety

Centers for Disease Control and Prevention (CDC)
• COVID-19 Stress and Coping

CHAMPLAIN Community Support Services
• COVID-19 and Support Services for Seniors
  https://communitysupport.covidresponse.ca/?fbclid=IwAR2WB-1Vwh8s-o10-eaXL3iPaVjdS9L0qMWcLX-JrOTHW2qvSgzVIGJcqbLc

Children’s Mental Health Ontario (CMHO)
• Mental health and children
  https://www.cmho.org/covid19

Conference Board of Canada
• Helping organizations navigate COVID-19 pandemic
  https://www.conferenceboard.ca/insights/covid-19

Jack.org
• Mental health and young people

Kids Help Phone
• Mental health and young people

Mental Health Foundation of Nova Scotia
• Where to get Support in Nova Scotia during COVID-19
  https://www.mentalhealthns.ca/mental-health-resources-covid19

Mood Disorders Society of Canada
• Caring for your Mental Health during COVID-19
  https://mdsc.ca/resources-caring-for-your-mental-health-during-covid-19/

Morneau Shepell
• WellCan: Free mental health digital resource for all Canadians
  https://www.morneaushepell.com/ca-en/message-all-canadians

The National Farmers Union
• Farm Emergency Resources and Support
  https://www.nfu.ca/help/
Ontario Network of Sexual Assault/domestic Violence Treatment Centers
• Healthcare options-Crisis support and Counselling during COVID-19
  https://www.sadvtreatmentcentres.ca/

Royal College of Physicians and Surgeons of Canada
• Wellness resources for health professionals
  http://www.royalcollege.ca/rcsite/documents/about/covid-19-wellness-resources-hp-e

Sick Kids
• Taking care of your mental health
  https://www.aboutkidshealth.ca/COVID-19

School Mental Health Ontario
• School Mental Health Ontario has some tips and resources to help to support student mental health during the COVID-19 pandemic
  https://smho-smso.ca/covid-19/

Youth Mental Health Canada
• Mental Health resources during COVID-19
  https://ymhc.ngo/resources/covid-19/

Provincial and Territorial sources of information

Québec
• Stress, Anxiety and Depression Associated With the Coronavirus COVID-19 Disease

Alberta
• COVID-19 and Your Mental Health

• Text4Hope- Supporting Mental Health & Wellness in a Time of Stress & Isolation
  https://www.albertahealthservices.ca/topics/Page17019.aspx

British Columbia
• Managing COVID-19 Stress, Anxiety & Depression
  https://www2.gov.bc.ca/gov/content/health/managing-your-health/mental-health-substance-use/managing-covid-stress

Manitoba
• Care for Your Mental Health
  https://manitoba.ca/covid19/bewell/index.html

New Brunswick
• Mental Health and Coping During COVID-19

Newfoundland and Labrador
• Mental Health and Wellness
  https://www.gov.nl.ca/covid-19/mental-health-and-wellness/

North West Territories
• Mental Health Resources for COVID-19

Nova Scotia
• Mental health and well-being: novel coronavirus (COVID-19)
  https://novascotia.ca/coronavirus/mental-health/
Nunavut
• Managing Anxiety and Stress during COVID-19

Prince Edward Island
• Mental Health Supports
  https://www.princeedwardisland.ca/en/topic/mental-health-supports

Saskatchewan
• Coping in Self isolation

Yukon
• Find COVID-19 counselling and crisis support

Ontario
• Find mental health support
  https://www.ontario.ca/page/find-mental-health-support

Suggested Reading
10 Ways You Can Support Someone Grieving During the Coronavirus Crisis
www.huffingtonpost.ca/entry/ways-to-support-someone-grieving-coronavirus_l_5e95b255c5b6cc788eaf533d

Learn more!
Mental Health First Aid Training
https://www.mhfa.ca/
The Working Mind Training
https://theworkingmind.ca/
How am I Doing?

Check In With Yourself

Am I doing OK?

What has changed?

How long have I been feeling this way?

I need help!

Green: Healthy
- Use simple coping tools: walk, talk to friends, music
- Limit news and media

Yellow: Reacting
- Get good sleep and eat well
- Seek support from others

Orange: Injured
- Time to get professional help

Red: Ill
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How can I use it?
- Take a minute to see where you are on the colour continuum? Do this daily.
- Text or call a friend or family member and use the colours to talk about how you are feeling, coping or reacting in the moment.
- Do a “colour” check-in at team meetings or as a conversation opener with staff.

Use this quick tool to ask yourself “How am I doing?”

It will help you notice and be able talk about changes in yourself, a co-worker, family member or friend.

You may notice:
- physical changes
- changes in how you think, feel and act
- changes in substance use

These changes may be normal reactions to the stress due to COVID-19.

Access the Continuum Self-Check Tool

theworkingmind.ca/continuum-self-check