

CAMHELPS

CamHelps provides you with tips and resources to support your mental well-being during the COVID-19 pandemic



TOPIC: Build Your Resilience

Information about COVID-19 is everywhere - in our newsfeeds, on our televisions, and especially in our conversations with the people we work with. While this pandemic requires each of us to remain informed about recent developments, the relentless barrage of available information can fuel our elevated anxiety levels and push our regular coping skills to their limits.

Under normal circumstances, the routine of coming to work and the relationships we enjoy with colleagues, coworkers, and students keeps us grounded, calm and sometimes even helpfully distracted. The casual conversations, impromptu walks and work-related obligations can soften any distracting inner voices of worry, doubt, and fear.

With much of the College transitioning to a virtual service delivery model, the positive influence of being at work has been replaced by working remotely and frequently repeated messages to maintain social distance from others.

Camosun College is committed to supporting its employees throughout this temporary transition to working remotely. Read on to learn what you can do and what resources are available to help ease any feelings of anxiety and boost your sense of personal resistance throughout this time.

WHAT YOU CAN DO

CHECK IN WITH YOURSELF

Be observant of how you are responding to the stresses around you. While working remotely, you might notice a change in your ability to concentrate on – or complete – work assignments like you used to.

- Be patient with yourself – everyone is having the same challenges and is trying to do their best.
- Check in with your Workplace Leader – get a clear sense of priorities, timelines, and ask for reassurance that you continue to meet expectations.

HAVE A SELF-CARE PLAN

Spend a few minutes when you are in a calm state to create a personal self-care plan.

Things to consider include:

- Intentional deep breathing can be a helpful way to reduce feelings of stress and help return a more balanced sense of perspective and calm;
- Find a place away from your remote workplace where you can go to gain perspective. If possible, step outside for a few minutes.
- Stay connected to colleagues and coworkers. Working remotely does not mean working alone.
- Keep a daily journal of things that you are thankful for or that you accomplished.
- Remember to eat regularly and remain hydrated.

PUT BOUNDARIES ON YOUR ACCESS TO COVID-19 RELATED INFORMATION

Working from home may mean easier access to the 24/7 news cycles and endless analyses and speculation about the current pandemic.

- Control how often you check the latest news updates. Start by trying once in the morning and once at the end of the day. Staying offline for a while can be helpful.
- Stick to the facts provided by reputable agencies. Sites that include accurate information include the [World Health Organization](#), the [Public Health Agency of Canada](#); the [BC Center for Disease Control](#), and [Camosun College's own FAQ site](#).

DO THINGS TO ENHANCE YOUR RESILIENCE

Despite all of the uncertainty swirling around us, each of can demonstrate resilience in many ways:

Take Care of the Basics

- Get at least 7-9 hours of sleep each night
- Fuel up on healthy foods
- Stay active through exercise or fitness

Make Time to Unwind

- Read a book, draw, create art, journal, or write
- Connect virtually and enjoy a hot beverage with a friend or family member
- Listen to relaxing music
- Remind yourself of your strengths
- Spend time outside while maintaining social distancing guidelines
- Watch a comedy or read a funny book
- Do muscle relaxation exercises
- Find a quiet, safe space where you can relax
- Pray, meditate, or find comfort in any spirit-lifting practices that build you up.

RESOURCES

[Strategies for Stress Management](#): ideas from Camosun's Counselling department

[Progressive Muscle Relaxation \(pdf\)](#): a simple guide for a widely used stress-reduction technique

[Address Your Stress](#): some stress management tips from Homewood Health

[Emotional Well-Being During COVID -19](#): A helpful presentation about keeping emotionally well. Produced by EAP provider Morneau Shepell

[Mindshift](#): a free mobile app with strategies to deal with anxiety

[Anxiety BC](#): resources for recognizing and managing anxiety

[Camosun's Employee and Family Assistance Program](#): Personal counselling support for employees and their families

[Camosun's Resiliency Resources](#): Programs and services available to Camosun College employees to support personal resiliency



WORKING REMOTELY RESOURCES

[10 General Tips for Working Remotely](#) | [Remote Work Guidelines](#) |

[Tips For Workplace Leaders in Supervising Remote Workers](#)



MORE INFORMATION

Questions about Camosun's Employee Wellness resources – including suggestions for future CamHelps – can be sent to healthytogether@camosun.bc.ca.

Frequently check Camosun's [COVID -19 information page](#) and [FAQs](#).

Workplace Leaders looking for support with managing remote workgroups can contact Nancy Ali, Organization and People Development Specialist (AliN@camosun.bc.ca)

