



# Safehaven

Exceptional Lives. Exceptional Care.

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## MEMORANDUM

TO: All Employees  
FROM: Susan Bisaillon  
DATE: Friday, March 27<sup>th</sup>, 2020  
SUBJECT: Introducing Safehaven's Self-Care Corner

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*"Every day you work hard to make Safehaven an exceptional place for clients and their families, but it's not every day you're delivering care in the face of a pandemic."*

This sentiment was reflected in a thank-you note that you all received this morning from the Safehaven Board. I want to echo their words. You have all done an exceptional job rising to the occasion and cooperating as a team to ensure we are adapting to best protect our clients, one another, and yourself. This memo is another form of thanks to you all. We recognize that once your exceptional care at Safehaven ends, you have family and relationships of your own that require care, so I hope this provides you with some resources to **care for yourself** as well.

Below we have compiled a list of resources that we encourage you to explore in your down-time. We understand that employees are looking for ways to stay active and combat the pressures and anxieties that accompany a pandemic. This list will also be available on the [COVID-19 landing page](#) located on our website, and we will continue to update it with resources we believe to be helpful.

### Mind

Struggling with stress and anxiety during quarantine and isolation?

- Click [here](#) to read a CAMH article that supplies coping resources.
- Click [here](#) to see 7 Tips for Staying Grounded, brought to you by the University of Toronto.
- If you're seeking new reads, click [here](#) for a list of e-books at a reduced price!

### Body

Looking for at-home workouts to keep you moving and active? Check out the following links for free workouts you can do at home.

- Check out [@bcyclespin](#) on Instagram; they provide 4 workouts each day on their Instagram live or click [here](#).
- Click [here](#) to find several Yoga instructors and different formatted online classes. Hopefully, there is a routine that is right for you.
- Download the Nike app for free workouts as well.
- YMCA is also offering free online workouts for all fitness levels, enjoy by clicking [here](#).
- [Here](#) is a list of other workout platforms offering free trials, or free workouts you can do at home.

As always, if you have any comments, concerns, or suggestions for self-care resources, please do not hesitate to reach out. Thank you for your care and commitment,

Susan Bisaillon, CEO

The Safehaven Project for Community Living