



Safehaven

Exceptional Lives. Exceptional Care.

MEMORANDUM

TO: All Employees
FROM: Susan Bisailon, CEO
DATE: Tuesday, May 5, 2020
SUBJECT: Update #4: Safehaven Self-Care Corner: Being Kind to Yourself

This week is Mental Health Week and provides us an opportunity to celebrate and advocate for increasing support for people's mental health and wellness. In honour of Mental Health Week, we will be circulating two Safehaven Self-Care Corners for your benefit!

Change is challenging at the best of times, and now we are being asked to change frequently and with short notice, with respect to our work and home lives. It is natural to be worried and anxious about the changes with COVID-19. The message is that we should make these changes to keep ourselves, our families, friends and colleagues safe.

There is good news: We are not helpless. While we are trying to protect ourselves and everyone else from the coronavirus by practising exemplary health hygiene, we can also exercise good emotional hygiene to positively increase our mood, feelings of hope and resilience. While we support one another, we cannot forget about taking care of ourselves. It is not selfish to do this; in times of stress and crisis, we need to take care of our basic needs of sleep, exercise, and nourishment in order to have the inner resources to deal with change. Taking positive control – one step at a time – can bring a sense of control to challenging situations.

Several resources speak to how creating a routine, including building time for yourself can be of great benefit:

- Contact the Kids Help Phone by clicking [here](#) or calling (1-800-668-6868)
- [University Health Network \(UHN\)](#) recently published ideas on Being Kind to Yourself
- Explore the websites for [The Centre for Addictions and Mental Health \(CAMH\)](#) - as well as [Ontario Shores Centre for Mental Health Services](#) - offer online groups and exercise for compassion and hope during this challenging time.

Trying to work off those "COVID calories"? Physical activities release endorphins that assist with better sleep too! Many free courses / activities are available in this list:



- Here is an excellent [Body Coach](#) to help demonstrate some at home work outs!
- Working out is for everyone: check out some [chair exercises](#) for those with limited mobility.
- No work out equipment? No problem! Click [here](#) for some workouts.
- Tired of mundane workouts but want to jump around? Try dance tutorials with Dana Alexa Hip Hop Dance by clicking [here](#) – have fun!
- Hip Hop is not your thing? Try [line dancing!](#)

- Fitness Blender provides over 600 Free Full-Length Workout Videos, click [here](#) to join.
- Meditation & Wellness Classes are more your speed? Check [this](#) out.
- Check out some alternative work outs including [Tai Chi Classes](#).

Keeping in mind that physical wellness is only a small part of the equation, we want to ensure you have the proper supports to take care of yourself. If you are feeling like you need extra support during this tough time, feel welcome to tap into Health Canada's [Wellness Portal](#).

- Click [here](#) to access a list from the Ontario Hospital Association about Strengthening Mental Health and Wellness During COVID-19.
- Finally, find ways to soothe the soul, one might suggest to the tune of Alicia Keys. Check out her new song thanking all of the heroes who have stepped up during the COVID-19 pandemic: [Alicia Keys with "Good Job"](#) .
- The City of Toronto is providing online camera tours and views. Click [here](#) for the BloomCam - live streaming of the beautiful blooms in key park areas.

Stay tuned for Thursday's update which will be on *Mindfulness* with several resources for Guided Meditation, Yoga, Music, adult colouring and other tips and tricks for self care!

Susan Bisailon, CEO



The Safehaven Project for Community Living