



# Safehaven

Exceptional Lives. Exceptional Care.

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## MEMORANDUM

TO: All Employees  
FROM: Susan Bisailon, CEO  
DATE: Friday, May 8, 2020  
SUBJECT: Update #5: Safehaven Self-Care Corner: Mindfulness

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Tuesday's Self-care Corner focused on Being Kind to Yourself; with the four ingredients for health and well-being of sleep, exercise, nourishment and taking positive control during these challenging times. Many resources speak to Mindfulness as a key element for staying connected and maintaining inner peace. Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

We hope the following resources will help you stay mindful and grounded amidst all of the changes and uncertainty.

The Canadian Mental Health Commission provides some thoughtful articles on connectedness:

- For some advice on maintaining social connection, click one these resources [Social Connection is the Cure](#) or [Your Social Distance Survival Guide!](#)
- When you smile at someone, they usually smile back. [Click here](#) for Kindness is Contagious!
- From the Ontario Hospital Association, we have extracted this helpful Cultivating Calm Chart with suggested strategies: it only takes a moment for us to “catch our breath” and redirect energy to positive calm. The chart can be found in a separate attachment within this email.

### Calming and Relaxing

- Only have a 15 minute break? [Click here](#) for 5 Minute Meditation, you won't regret it!
- For more extensive training on Guided Mindfulness, explore [this resource](#).
- Finding it tough to squeeze in time to meditate? Try downloading these [apps](#) so you can meditate on the go.
- University of Toronto's Faculty of Medicine is offering free online yoga classes on Wednesdays in May. [Click here](#) to access the zoom invitation link – the password is 075295.

### Other Sources of Inspiration:

- For access to Coloring Pages, Yoga, Meditation, [click here](#).
- Feel like learning? [Explore some Canadian Museums](#).
- Music: one more magical moment from the #StrongerTogether concert. [This is](#) Michael Bublé, Bare Naked Ladies and Sofia Reyes performing “Gotta Be Patient”.

Thank you so much for your hard work and dedication. We are grateful that National Mental Health Week provided us another opportunity to further support you as you continue to exceed expectations and deliver exceptional care.

Susan Bisailon, CEO

The Safehaven Project for Community Living