



# Safehaven

Exceptional Lives. Exceptional Care.

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## MEMORANDUM

TO: All Employees  
FROM: Susan Bisailon, CEO  
DATE: Friday, May 15, 2020  
SUBJECT: Update #6: Safehaven Self-Care Corner

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We have learned that physical distancing works in reducing the spread of the virus; keep practicing good hygiene, wear your PPE safely, change and clean work clothes, maintain healthy habits, including physical distancing – it is working! One of the keys for our mental wellness and resilience is to connect and embrace our social connections. Here are some resources and supports as you navigate through the days ahead.

Resources on Mental Health, Finance, Youth Supports, Helplines:

- A document chalk full of resources is attached as a PDF in this email – check it out for a full list!
- A list of resources is being catalogued for health care professionals across the country. [Check out this spreadsheet](#) to see what you can access with the click of a button.
- [MindBeacon](#) has resources to help anyone experiencing financial stress during the pandemic.
- [BounceBack Ontario](#) provides free, skill-building program is designed to help adults and youth manage low mood, mild to moderate depression and anxiety through online videos and over-the-phone coaching, providing tools to support you on your path to mental wellness.

Escapes and Recharging Opportunities

- [Try some of these](#) desk friendly Calming Breathing Exercises.
- Feeling stressed when it is time to sleep? [Click here](#) for a broad variety of meditation, good vibes, energy boosting; inner peace, healing soothing; relaxing and calming sleep assisting.

For the Kids:

- Trying to teach or reinforce mindfulness with kids in a Safehaven home or a home of your own? [Click here](#) to access Mindfulness Classes, Meditation and Music.
- Escape by putting your earphones in and enjoying [Audible Books for all ages](#) from littlest listeners to adults.

As always, thanks for your hard work and dedication. If you have any questions, concerns or suggestions please ensure you send them our way. Have an excellent long weekend everyone!

Susan Bisailon, CEO

The Safehaven Project for Community Living

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