

MENTAL WELLBEING

How to Manage Your Mental Wellbeing During COVID-19



Mental wellbeing is an important practice we promote at TRCA. We are proud of all TRCA employees for doing such amazing work and demonstrating such a high degree of resilience during this pandemic. It is important for us all to remember to practice wellness.

FEELING ANXIOUS OR WORRIED? KNOW THE SIGNS

- Lack of energy and motivation
- Decreased satisfaction/sense of accomplishments
- Feeling helpless, trapped, defeated
- Feelings of fatigue and exhaustion
- Loss of desire to do things that make you happy
- Feeling drained

THINGS TO PRACTICE

Self-compassion - be kind & understanding towards yourself, especially in challenging times, such as a pandemic

- Notice what you are saying to yourself and challenge any negative self-talk
- Write down any worry/negative thoughts
- Use daily positive affirmations
- Remind yourself that you are doing the best you can while going through a pandemic!

Focus on what is in your control & **Accept** what is not in your control

- Ask yourself: What is in my control? What can I change? what is not in my control? What should I accept?

Exercise, stay hydrated and eat well - nourish your mind, body and soul to help live a healthy lifestyle



Take micro breaks from technology - excessive amount of screen time can add to feeling fatigue...

- Spend quality time with loved ones
- Make time for things that you love
- Spend time in nature



MORNING ROUTINE

Start your day off right with an uplifting morning routine that works for you!

A Quick Example:

- Wake up & make your bed
- Start the day with a meditation session
- Freshen up
- Nourish your body
- Write down your to-do list for the day
- Write 3 things you are grateful for and 3 positive affirmations

MANAGING YOUR WORKSPACE

Create a motivating workspace to help reduce the risk of feeling overwhelmed

- Maintain a clean & organized space
- Have a to-do list nearby to cross off tasks once completed
- Have water & a snack nearby
- Surround yourself with things that uplift your spirit

If possible, have your workspace separate from where you sleep/relax

- Helps create a work-life balance
- Helps create the division between work and home life. **Take micro breaks including your lunch break.** During this time, you can:
- Spend time in nature
- Do some stretches
- Grab a snack and/or a drink of water
- Use this time to step away from your workspace to take a break from even thinking about work



FURTHER RESOURCES

Use your Resources during this challenging time of uncertainty. We have a great Employee Assistance Program (EAP). This is a confidential forum for employees who could use support & assistance at this time:

ComPsych Guidance Resources

Phone: 844.814.2415 / TDD: 877.373.4763

Online: guidanceresources.com

Company web ID: CAEAP



Please contact a member of Human Resources if you have any questions in regard to this service