

TRCA Mental Health and Wellness Tools for Returning to Office



As TRCA employees set out to make a gradual return to the office, we acknowledge that while it can be an exciting time, it is one that can cause anxiousness and nervousness for some employees. With that being said, we have compiled some strategies and listing of great resources to support mental health and wellness during this transition.

Transition to Office Wellness Tips*

- Returning to work and adjusting to a new routine can be stressful. Try to identify your range of thoughts and emotions and accept them as normal. It is okay to feel frustrated, sad or angry over having to adjust to change.
- Focus on the present – try to take things one day at a time, one week at a time, one month at a time.
- Try to stay optimistic. Remember past experiences where you managed to cope despite feeling anxious or helpless. Think about times when you turned a difficult situation into a success or realized that the outcome was not as bad as you feared it would be. Try to catch any upsetting thoughts before they “run away with you,” and check them against your actual current reality.
- Seek support and stay connected with others. Having someone to listen to us, and share our pain or worries, helps us feel less alone and helps build our resilience.
- Create a healthy lifestyle and engage in self-care. Eat balanced meals, exercise if you are able, follow good sleep habits, and set aside time for yourself to relax and recharge.
- Be flexible. With any new situation, you might have to change your expectations and goals.
- Be kind to yourself. It is easy to judge ourselves when we associate our activities, such as work, with our identity. Acknowledge your actions and accomplishments, even when you don’t get the outcome you wanted – we usually do not have full control over outcomes. Identify the positives in your life, and express gratitude daily.
- Prioritize your responsibilities, identify your personal and work demands, and delegate tasks if possible. Seek resources and support as needed to help you feel less worried and more in control.

**CAMH Mental Health is Health Resource*

Available Resources and Tools

ComPsych Employee Assistance Program & Lunch and Learn Webinars

We have partnered with our Employee Assistance Provider (EAP), ComPsych to provide monthly Lunch and Learn webinars which address a wide range of topics related to mental health and wellness. Registration emails are sent out once a month, and the webinars occur between 12:00 pm to 1:00 pm. If you are not able to view the webinar on the day it is scheduled, the recordings are posted on our StaffHub to view at your own convenience at a later date.

The image on the right provides the dates and timings for the lunch and learn sessions for the duration of 2022.

Topic	Date	Time
Relaxation "Micro-Moments" and Winding Down Techniques	February 23, 2022	12:00 – 1:00
Social Skills Refresh! How to Have Good Conversations in Social Situations	March 23, 2022	12:00 – 1:00
Staying Engaged and Advancing Your Career as a Remote Employee	April 20, 2022	12:00 – 1:00
Mental Health Awareness	May 25, 2022	12:00 – 1:00
Where Are You Going? Goal Setting for Personal and Professional Success	June 22, 2022	12:00 – 1:00
Learning to Relax	July 20, 2022	12:00 – 1:00
Work-Life Balance in a Work From Home Environment	August 24, 2022	12:00 – 1:00
Time Management Tools: To-Do Lists, Calendars, Etc.	September 21, 2022	12:00 – 1:00
Secrets to Self-Motivation	October 26, 2022	12:00 – 1:00
Languishing, Flourishing, and Your Mental Health	November 23, 2022	12:00 – 1:00
Feeling Stuck? Practical Ways to Get Yourself Going Again	December 21, 2022	12:00 – 1:00

Remember, you can contact ComPsych anytime in confidence for support calling: 844.814.2415 TDD: 877.373.4763 or by going online: guidanceresources.com TRCA Web ID: CAEAP

Canada Life – Workplace Strategies for Mental Health

<https://www.workplacestrategiesformentalhealth.com/>

This is a must check if you haven't already! Its freely accessible - sponsored by Canada Life and provides information and tools to support healthy workplaces.

CAMH – Mental Health and the Covid-19 Pandemic

[Mental Health and the COVID-19 Pandemic | CAMH](#)

The above link provides employees with coping tools and strategies that can be incorporated and used in their daily routine. It tackles areas such as stress and anxiety, loss, grief and healing, stigma, as well as quarantine and isolation and provides great tools on how to cope with these feelings and experiences.

Wellness Together Canada

<https://ca.portal.gs/>

Funded by Health Canada, Wellness Together Canada offers support/tools/resources to anyone in Canada who is suffering from the impact of COVID-19, at no cost. It provides a mental health self-assessment tool, self-guided courses, apps, and other resources for everything from mindfulness to substance abuse and more, it also provides group coaching and peer support and lastly free to connect to a professional counsellor by phone, video or text to help in a crisis or tell navigate the site / figure out where to start. Kids Help phone is one of the groups behind the platform so there is access to help for kids via this site as well.

Morneau Shepell and Beacon - Internet based Cognitive Behavior Therapy

The provincial government is funding access to iCBT through Beacon and Morneau Shepell. The links to both Beacon and Morneau Shepell iCBT are included below.

iCBT is a program people (16yrs and up) do themselves to help manage stress and anxiety, however it is structured and offered with the guidance of a professional therapist. This program includes synchronous texting as individuals work through the program with the same therapist provided throughout the course of the program. It is a great alternative to face-to-face counselling.

Beacon Digital Therapy

<https://inf16years o.mindbeacon.com/btn542?hsCtaTracking=e00dbcef-e033-42fd-b5b3-b46291f2962d%7C93e4ec19-cd71-49a3-96bc-4c33baf7afed>

AbilitiCBT Anxiety Module by Morneau Shepell

<https://myicbt.com/home>



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