

## Supporting your Health and Well-being during COVID-19

### **If you are on the St. Joe's network and have access to MyStJoes:**

- You can view these resources on [MyStJoes > Employee Wellness > Wellness Support During COVID-19](#).
- This page also has instructions for how to access LifeSpeak and Morneau Shepell resources from home.
- St. Joe's Staff & Physician Mental Health Support Portal: [Click here to access the confidential referral form](#)

### **Employee and Family Assistance Program (EFAP) – Morneau Shepell:**

Call: [Morneau Shepell 1-800-387-4765](tel:1-800-387-4765)

or Register at <https://www.workhealthlife.com/> All you need to register is the name of your organization. Through the registration process, you will create a unique profile with username and password.

### **Ontario COVID-19 Mental Health Network:**

[covid19therapists.com](https://www.covid19therapists.com)

### **Building Resiliency:**

What is Resilience? (Lifespeak) 5:11 minutes

[Resilience During a Pandemic](#) (Shepell)

[Tips to integrate mindfulness throughout your day](#) (Available only through MyStJoes)

The 5 Pathways to Resilience (LifeSpeak) 5:05 minutes

[A Checklist for Positive Mental Health](#) (Shepell)

[Building Resilience While Under Quarantine Webinar](#) (Shepell) 1 hour free

[Building Resilience in Uncertain Times \(COVID-19\) Webinar](#) (Shepell) 1 hour free

### **Managing Anxiety:**

[7 Tips to Manage Anxiety about Coronavirus Tip Sheet](#) (My Workplace Health)

How Mindfulness can Help with Worry and Stress (LifeSpeak) 6:23 minutes

[Manage Anxiety & Stress](#) (Centers for Disease Control and Prevention)

How to Manage Anxiety During The COVID-19 Outbreak (LifeSpeak)

[Covid-19 and Anxiety](#) (Here to Help - BC)

[Five Ways to View Coverage of the Coronavirus](#) (American Psychological Association)

[Emotional Well-Being During the COVID-19 Pandemic](#) (Shepell) 24:23 minutes

[Anxiety Canada](#)

[Coronavirus anxiety support](#)

[6 Tips To Respond To Employee Anxiety](#) (Canadian Mental Health Association)

[Mental Health and COVID19 Pandemic](#) (CAMH)

### **Coping with Change:**

[Mental Wellness](#) (Available only through MyStJoes)

[Work Relationships During Stressful Times](#) (Shepell)

Tips for coping with COVID-19 (Shepell)

[Coping with a Traumatic Event](#) (CDC)

[Coping With Stress During the COVID-19 Outbreak](#) (WHO)

### **Other Resources:**

[A Tool Kit for Individuals during COVID-19](#) (Shepell)

[Ensuring Our Own Wellbeing as We Care for Others During the COVID-19 Crisis](#) (Canadian Society of Physician Leaders)

[Psychology Works fact Sheet: Coping with and Preventing COVID-19](#) (Canadian Psychological Association)

[Face COVID: How to Respond Effectively to the Corona Crisis](#) (Dr. Russ Harris)

[Emergency Responders: Tips for taking care of yourself](#) (CDC)

### **Mindfulness:**

[Mindfulness audio at home](#) (Mindfulness Hamilton)

[Mental and emotional wellness support](#) (Calm)

[Free Meditation classes](#) (Insight Meditation Community of Washington)

[Free Mindfulness practice sessions](#) (iRest)

### **Sleep:**

Getting Better and Deeper Sleep (LifeSpeak) 3:41 minutes

[Stress and Sleep](#) (American Psychological Association)

[Sleep Better](#) (ParticipACTION)

### **Physical Activity:**

[Staying Active During COVID-19](#) (American College of Sports Medicine & Exercise is Medicine)

[7 Minute workout](#) (American College of Sports Medicine)

### **Nutrition:**

[Cooking from Home](#) (UnlockFood)

[My Menu Planner](#) (UnlockFood)

### **Addiction Support:**

[A global recovery community](#)

[Alcoholics Anonymous](#)

[Self-management and recovery training](#)

[Narcotics Anonymous](#)

[Cocaine Anonymous](#)

[Overdose Prevention line in Ontario](#)

**Other Supports:**

[Free CPD courses, patient resources and community forums](#)

[Free online courses, audio books, eBooks, movies, colouring books and more](#)