

Please print &
post in your
area.

Care for the Caregiver

Honouring Your Mental Health & Wellness

Dear NSHA Team Members:

Below is a list of offerings available to all clinical and support staff, supporting our mental health and wellbeing. During these difficult, uncertain times you may need a little extra support. The Provincial Mental Health Crisis Line is available 24/7, toll-free 1-888-429-8167 as is your EFAP provider 1-800-461-5558. Thank you for all that you do.

CONTINUOUS OFFERINGS

Recordings only – All Staff

MicroMindful Guided Practice: Visit this recorded event. An evidence-based, guided mindfulness practice to reduce empathic distress (10-15 minutes). This practice is essential learning for anyone who cares for others.

To access pre-recorded sessions: <http://intra.nshealth.ca/tod/SitePages/Micromindfulness.aspx>

By Request – For Teams

Psychological Wellness for Teams: This is an opportunity for teams to connect with each other, reflect together on their experiences of the COVID pandemic thus far, and discover insights and tools for moving forward that will enhance psychological wellness. Pam MacLean, Basia Solarz and Sue Meagher will facilitate the conversation and offer relevant material related to psychological safety, building resilience in adversity, and reducing empathic distress using mindfulness.

To request this service, please complete the [Talent & Organizational Development Service Request form](#)

By Request – All Formal Leaders

MicroCoaching for Leaders: Brief (15-20 minute), focused, just-in-time coaching for individual leaders. Email: basia.solarz@nshealth.ca to request this service.

PSYCHOLOGICAL FIRST AID - WORKBOOK

Psychological wellbeing continues to be vitally important for healthcare workers, during current and subsequent phases of the covid-19 pandemic. Please click here to access [Psychological First Aid for Frontline Health Care Providers During COVID-19: A workbook for wellness](#). This tool is appropriate for all of those working in healthcare.

NS COMPASS

Provided by the Provincial Centre for Training, Education, and Learning (PCTEL) as part of NSHA's Mental Health and Addictions Program
Providing evidence-based and specialized **mental health care for NSHA staff** experiencing difficulties related to the COVID-19 crisis (e.g., burnout, anxiety, depressive, post-traumatic, or acute-stress-related symptoms), individual **psychotherapy** and/or **group-based resiliency training** and **peer support**.

To access NS COMPASS, send an e-mail to compass@nshealth.ca and provide:

1. Your name
2. The zone in which you work
3. How & when it's best to contact you.

All services are free and provided virtually, through Telehealth Zoom or by phone.



MENTAL HEALTH TOOLS

Accessible through the Mental Health and Addictions Public Website at <https://mha.nshealth.ca/en/coronavirus>



For more information click [here](#).



Employee and Family Assistance Program (EFAP) that provides you and your family with immediate and confidential support to help resolve work, health, and life challenges to improve your life.

<https://www.workhealthlife.com/Home/Navigate/DE4936F2-9F03-489A-B62C-62B0A1690450>



What topics would you love to learn more about? Let us know by contacting Sue Meagher, T&OD Consultant sue.meagher@nshealth.ca, &/or Pam MacLean, Workplace Health Promotion Consultant, OHSW pamelac.macleam@nshealth.ca.

MICRO-RESOURCES BY REQUEST

This section will feature a topic to address what is first and foremost on the minds of employees. Thank you for reaching out to let us know the topics of greatest interest to you. This past week, you let us know you'd like resources for **addressing our own, and our teams, physical wellness & work-life balance**. *For contact information, see below.

Office ergonomics: Your how-to guide, Mayo Clinic – Article & infographic	A comfortable work space can help you feel your best. Give your sitting work area a makeover with this visual guide to office ergonomics.	https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/office-ergonomics/art-20046169?_ga=2.229001884.186645525.1594130892-669529719.1594130892
Work-Life Balance, CCOHS.ca - Infographic	Refer to this infographic when exploring how to create a balance between work demands and the healthy management and enjoyment of life outside work.	https://www.ccohs.ca/images/products/infographics/download/worklife_balance.jpg
Work and Life are Not Opposing Forces: Simon Sinek - Video	An insightful video that helps us explore why we need to take time off to engage with things that challenge our brains so that we can see the world differently.	https://www.youtube.com/watch?v=pl2j8iXz8hs