

CAMHELPS

CamHelps provides you with tips and resources to support your mental well-being during the COVID-19 pandemic



TOPIC: Keep Moving Towards Mental Wellness

Over the past nine weeks, CamHelps has provided Camosun College employees with a series of topical articles to help support mental well-being during the COVID-19 outbreak. This series was launched during the early days of the pandemic's impact on Vancouver Island communities and has touched on many of the important ways that you can support your own mental well-being: eat healthy, manage information overload, nurture your spirit, acknowledge loss, and reach out for support. At the time of writing this final article, British Columbia is beginning to slowly re-open its business and education sectors and is permitting people to cautiously begin connecting with small numbers of other trusted people while honouring social distancing and safety protocols. There are reasons to be hopeful.

At Camosun College, steps are already being taken to ensure that the Lansdowne and Interurban campuses provide safe, welcoming, supportive learning and work spaces for anyone who is required to be physically present onsite. The way that classes are taught and services are offered will be different than a few months ago as this pandemic experience continues to unfold. Until a proven vaccine is available, the local threat of new COVID-19 cases will remain. This means that we may experience more uncertainty, an elevated sense of anxiety or insecurity, and most certainly, more change. And change is not always easy.

Regardless of what may happen today, tomorrow, or in the coming months, your mental well-being remains a priority. Washing your hands and not touching your face are important to prevent infection. But taking the time to discover, develop, and use mental well-being strategies that work for you are equally important protective safeguards.

There is no blueprint for how to get through a pandemic. Hopefully, CamHelps has been a source of reliable information, useful resources, and heartfelt encouragement to take care of your – and our - most important resource – you!

WHAT YOU CAN DO

FIND & SHARE CamHelps

CamHelps covers a wide range of topics that promote positive mental well-being. Become familiar with the various suggestions and resources provided in each article. Share the link to any or all of the CamHelps articles with others as may be appropriate.

BE kind

Demonstrate kindness towards yourself and others. Everyone is doing the best they can with the resources they have.



BE calm

Remember that you have choices. You can choose information over misinformation. You can choose encouragement over criticism.

BE safe

Be safe in your own body, mind and spirit. Continue to follow protocols set by the Ministry of Health, BC's Public Health Officer, and WorkSafe BC to protect the safety of others. Acknowledge your needs and reach out when you need support:

- Connect with someone you trust and who will listen;
- Check in frequently with your Workplace Leader;
- Contact Homewood Health;
- Contact your healthcare provider.

RESOURCES

CAMHELPS ARTICLES

- Issue 01: [Building Your Resilience](#)
- Issue 02: [Care for Others](#)
- Issue 03: [Keep Moving](#)
- Issue 04: [Stay Connected](#)
- Issue 05: [Finances](#)
- Issue 06: [Manage Information Overload](#)
- Issue 07: [Nurture Your Spirit](#)
- Issue 08: [Eat Well](#)
- Issue 09: [Working Through Loss](#)
- [CamHelps Resources](#)

HOMEWOOD HEALTH

Homewood Health provides Camosun College employees with some amazing resources and supports. Some of our favorites include:

- Professional counsellors can be contacted by calling Homewood 24/7 and arranging to speak with a counsellor.
All calls are confidential.
 - Toll free: 1-800-663-1142
 - TTY: 1-888-384-1152
- [Homeweb](#) – Homewood's website has a wide variety of health articles and e-courses. Instructions for logging into the website can be found [here](#).
- [LifeSmart Coaching Program](#) – expert coaches are available to help you achieve healthy lifestyle goals in areas such as finances, coping with loss, and healthy eating.
- [i-Volve program](#) – an online Cognitive Behavioural Therapy program to support managing anxiety.
- [Turning your Home into a Gym](#) – list of easy ways to exercise at home.

CAMOSUN RESOURCES

- [Seeking medical care in a virtual environment](#)
- [Camosun Community Connects \(3C\)](#)

OTHER THINGS TO EXPLORE

- [Progressive Muscle Relaxation](#) [PDF]: a simple guide for a widely used stress-reduction technique
- [Feelings Wheel](#) [PDF]: a printable resource that can help you describe what you are feeling
- Video: [Talking to your Family about COVID-19 Misinformation](#) (cbc.ca)
- Some of the world's best museums and galleries have created virtual tours and walk-throughs. The [Google Arts and Culture site](#) has links to [hundreds of museums](#) that you can visit virtually.

If you are experiencing a mental well-being related emergency or need urgent support, please contact:
the Vancouver Island Crisis Line at 1-888-494-3888 - OR
the Vancouver Island Crisis Line provides 24/7 support, crisis intervention, information, and resources to Island residents

the KUU-US Crisis Response Service at 1-800-588-8717 - OR
the KUU-US Crisis Response Service provides 24/7 culturally-aware crisis support to Indigenous people in B.C.

in the event of an emergency **call 911.**

WORKING REMOTELY RESOURCES

[10 General Tips for Working Remotely](#)

[Remote Work Guidelines](#)

[Tips For Workplace Leaders in Supervising Remote Workers](#)

MORE INFORMATION

For information about the CamHelps initiative, or other mental well-being resources, please contact healthytogether@camosun.bc.ca.

Frequently check Camosun's [COVID -19 information page](#) and [FAQs](#).

Workplace Leaders looking for support with managing remote workgroups can contact Nancy Ali, Organization and People Development Specialist (AliN@camosun.bc.ca)