

CAMHELPS

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



Topic: All Resources Used in CamHelps Articles

In response to the COVID-19 outbreak, Camosun College launched CamHelps – a series of articles that support your mental well-being with helpful suggestions and resources across a range of topics:

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

This document gathers together the resources provided in each article so that they can be easily located and used. You are encouraged to bookmark this document for yourself and to share it widely with others. The information is primarily intended for Camosun College employees, but it also includes links to resources available to the general public.

Essential Resources for Camosun Employees

[Seeking Medical Care in a Virtual Environment](#)

[C3: Camosun Community Connects](#)

[Healthy Together Resilience Supports](#)

Emergency Contact Information

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.





Homewood Health

Homewood Health, Camosun College's Employee and Family Assistance Provider, is available 24/7 to help employees and their eligible dependents throughout the COVID-19 pandemic by offering resources, learning options, and confidential counselling services that support your well-being.

COVID-19 Tools

Homewood Health has developed toolkits to assist employees and workplace leaders through the COVID-19 pandemic:

- [Toolkit for Employees](#)
- [Toolkit for Workplace Leaders](#)

Homewood's Services

- Professional Counselling – confidential and professional counselling is available for employees and their eligible dependents. Contact Homewood by phone to arrange to speak with a counsellor. Phone lines are open 24/7 and all calls are confidential.
 - Toll free: 1-800-663-1142
 - TTY: 1-888-384-1152
- [i-Volve](#) – a bilingual web-based program to help identify, challenge and overcome anxious thoughts, behaviors, and emotions.
- [Lifesmart Coaching Services](#) – professional one-on-one coaching service that helps you build and achieve healthy lifestyle goals in many different aspects of your life from family care to finances to physical wellbeing.
- e-Learning courses – self-directed courses to help you build life skills and improve personal and workplace well-being.
- [Homeweb](#) – Homewood's online portal where you can access their article library, e-learning courses and i-Volve. For instructions on how to login, view [this article](#).

Article 1: Building Your Resistance

Camosun Resources

- Website: [Strategies for Stress Management](#) – ideas from Camosun’s Counselling department
- Website: [Camosun’s Resiliency Resources](#) – Programs and services available to Camosun College employees to support personal resiliency

General Resources for Managing Stress

- App: [Mindshift](#) – a free mobile app with strategies to deal with anxiety
- Article: [Progressive Muscle Relaxation](#) – a simple guide for a widely used stress-reduction technique (Anxiety Canada)
- Article: [Address Your Stress](#) – some stress management tips (Homewood Health)
- Video: [Emotional Well-Being During COVID -19](#) – a helpful presentation about keeping emotionally well (Morneau Shepell)
- Website: [Anxiety BC](#) – resources for recognizing and managing anxiety

Article 2: Care For Others

Homewood Health

- Article: [Active Listening Overview](#)
- Article: [Getting Along with Others](#)
- Article: [Supporting Each Other Through Difficult Times](#)
- Service: [i-Volve](#) – a bilingual web-based program to help identify, challenge and overcome anxious thoughts, behaviors, and emotions

Microsoft Teams

A messenger-based program that allows employees to communicate with each other through chat, phone calls, and video.

- Website: [How to install Teams on your computer](#)
- Website: [Microsoft’s Online End User Training Site for Teams](#)
- Article: [Microsoft Teams – Quick Tips and Tricks](#)

Camosun Resources

- Article: [Seeking Medical Support in a Virtual Environment](#)
- Website: [Healthy Together! Resiliency Resources](#)

Article 3: Keep Moving

Ergonomics & Stretch Break Ideas

- Article: [Take a Stretch Break](#) (Homewood Health)
- Website: [Stretching at the Workstation](#) (Canadian Centre for Occupational Health & Safety)
- Article: [Laptop Ergonomics](#) (University of Waterloo)
- Article: [How to Make your Computer Workstation Fit You](#) (WorkSafe BC)

Exercising Safely

- Website: [BC HealthLink's tips](#) for keeping safe while working out

Simple Home Exercise Options

- Article: [Turning your Home into a Gym](#) – a list of easy ways to exercise at home (Manulife)
- Article: [Gym on a Shoestring](#) – simple steps for an effective workout at home (Homewood Health)
- Article: [Best Home Workout Moves](#) – tips for working out at home (Homewood Health)

Targeted Online Exercises

Cardio

- Website: [Cardio Exercises at Home](#) – 19 moves for all fitness levels
- Website: [Keep Dancing with Ailey](#) – Online classes and live classes on Instagram and YouTube

Strength

- Website: [Database of free workouts from Peloton, Nike, and others](#) (MarketWatch)
- Videos: [At Home Partner Workout: Bodyweight Only \(Beginner\)](#) (Matt Fisher)

Stretching & Yoga

- Videos: [Laura Benson's Yoga Videos](#)
- Videos: [Do Yoga With Me](#)

For more online exercises, check out the Healthy Together! [Staying Active at Home](#) resources page.

Camosun Fitness Centre

Camosun College Fitness Centre Attendants are available and happy to help answer questions, design basic fitness programs, and check physical form. For more information on our Fitness Centre, view [their website](#).

Article 4: Stay Connected

Camosun College Offerings

- Online Community: [Camosun Community Connects \(C3\)](#)
- Learning: [Virtual Course Calendar](#) (Centre for Excellence in Teaching and Learning)

Fun Ideas to Stay Connected with your Virtual Workgroup

- Website: [Healthy Break Activities](#) – creative ways to take breaks together as a team (workplacestrategiesformentalhealth.com)
- Article: [How to Stay Connected With Your Colleagues While Working From Home](#) (zenefits.com)

Opportunities in our Community

- Explore opportunities with [Volunteer Victoria](#) and check-out their [Tips for Volunteering During COVID-19](#)

Article 5: Care For Personal Finances

Federal and Provincial Economic Support Programs

- Website: [Government of Canada's COVID-19 Economic Support Plan](#)
- Website: [Province of British Columbia's COVID-19 Support and Information](#)

BC Farmers' Market Information

- Website: [Farmers' Markets](#) – information on how BC's Farmers' Markets are staying safe during this time (BC Centre for Disease Control)
- Website: [BC Farmers' Market Trail](#) – a website to help you find a Farmers' Market near you

Homewood Health Resources

- Article: [Financial Tips for your Financial Health during the COVID-19 Pandemic](#)
- Article: [The Impact of Money on Your Mind](#)
- Article: [About Financial Stress](#)
- Article: [How Taking Care of your Finances can Reduce your Stress Level](#)
- E-Course: [Taking Control of Your Money](#) (120 minutes) – learn about the basics of money management from spending strategies to how to save the money you've earned. To access the e-course, [log into Homeweb](#)
- Service: [Financial Life Smart Coaching Program](#) – seek advice from a financial expert who can assist with financial planning, debt management, or transitioning through significant life events including job transition or loss, retirement, and illness

Manulife Resources

- Article: [10 simple money management tips](#)
- Website: [Healthy Finances Information Hub](#) – learn about financial preparedness, managing finances, preparing for retirement, and budgeting and planning for the future
- Website: [Changing Jobs](#) – learn about to manage personal finances when transitioning through a major life event and job transition

Article 6: Manage Information Overload

COVID-19 Resources at Camosun College

- [COVID-19 main information site](#)
- [COVID-19 FAQs](#)
- [Employee Resources](#)
- [Student Services](#)

Information Sources

- [BC Centre for Disease Control](#)
- [BC Government COVID-19](#)
- [Government of Canada COVID-19](#)
- [World Health Organization COVID-19](#)

Managing Information

- Article: [Impact of Social Media on Mental Health](#) (Homewood Health)
- Article: [How Much Information is Too Much?](#) (Homewood Health)

Talking to others about COVID-19

- Video: [Talking to your family about COVID-19 misinformation](#) (cbc.ca)
- Website: [Talking to Kids About the Coronavirus](#) (childmind.org)
- Website: [How To Talk to Young Children about Coronavirus](#) (parents.britannica.com)
- Article: [How to talk to children about COVID-19](#) (Homewood Health)

Stress Management Resources

- Service: [i-Volve](#) – a bilingual web-based program to help identify, challenge and overcome anxious thoughts, behaviors, and emotions (Homewood Health).
- Website: [Bounceback](#) – a free skill-building program to help adults and youth 15+ manage low mood, mild to moderate depression, anxiety, stress or worry. This program is delivered online or over the phone with a coach (Government of British Columbia).

Article 7: Nurture Your Spirit

Look around for inspiration and beauty

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. Here are a few places to start:

- [The Louvre](#)
- [The Guggenheim](#)
- [The Vatican](#)
- [The Smithsonian](#)
- [Royal BC Museum](#)

Experience the outdoors

You don't have to go far to immerse yourself in nature. Check out the [Capital Regional District Regional Park and Trail Maps](#). Remember to practice current physical distancing requirements.

You can experience some of the world's most notable historic sites from your own home. It's a different way to get outdoors while staying inside:

- [Stonehenge](#)
- [Taj Mahal](#)
- [Machu Picchu](#)
- [Acropolis of Athens](#)

Grab a book – Join a discussion

Ask around about joining a book club – from [Goodread's](#) collection of top rated book club books. chances are someone you know is in one. Consider suggesting a selection

Participate in Community

Camosun's C3 initiative has lots of ways that you can connect with others around various spirit building activities.

Article 8: Eat Well

Information About Stress-Related Eating

- Website: [Canada Food Guide](#) – a useful starting point for making balanced and informed food-related decisions.
- Article: [Top 10 Foods for Stress Relief](#) (Canada Food Network)
- Article: [Healthy Eating to Decrease Stress](#) (Government of BC)
- Video: [Foods to Avoid When Stressed](#) (globalnews.ca)
- Article: [How to Manage Stress Eating \(or not eating\) during COVID-19](#) (nytimes.com)

Homewood Health Supports and Services

- Article: [How to have a Healthy Relationship with Food](#)
- Article: [Learn about Eating Disorders](#)
- Service: [Lifesmart Personal Nutritional Coaching](#) – a coaching program that provides one-on-one support from a nutrition coach and registered dietitian to help set and achieve personal nutrition and weight-management goals.
- Service: [Jumpstart Your Wellness training program](#) – a self-directed program that offers a comprehensive approach to behaviour change. You will have access to a readiness questionnaire, initial coaching consultation, online tools and resources including a Jumpstart your Wellness Workbook, and expert tips on healthy lifestyles and exercise.

Article 9: Working Through Loss

Homewood Health

Sometimes people struggle with loss and grief related challenges that require professional support. Homewood Health provides a variety of resources and supports to employees and their families on this subject, including:

- 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
- Service: [Lifesmart Grief and Loss Coaching](#) – a coaching program that provides one-on-one support to help you cope with grief and loss
- Article: [Coping with Loss](#)
- Article: [Lifelines – Surviving Grief](#)

Journaling Resources

To help get you started on keeping a journal, consider the following resources:

- Article: [Suggestions on how to write to ease grief](#) (Harvard Health)
- Tool: [Feelings Wheel](#) – a printable resource that can help you describe what you are feeling (Canadian Mental Health Association)

Camosun Resources

- Article: [Seeking medical care in a virtual environment](#)
- Learning: Coping with Change workshops – check CamNews for upcoming workshops facilitated by Organization and People Development.

MORE INFORMATION

Questions about Camosun's Employee Wellness resources can be sent to healthytogether@camosun.bc.ca.

Camosun's [COVID -19 information page](#) and [FAQs](#) for employees and students