

WORK_{TO}WELLNESS



COVID-19 Virtual Workshop

April 2020

List your triggers

| Priorities | Triggers |
|---------------|----------|
| Health | |
| Economics | |
| Psycho-social | |

Let's ask ourselves

| What am I thinking? | Why am I thinking this way? |
|---------------------|-----------------------------|
| | |
| | |
| | |
| | |
| | |

How our triggers impact on our thoughts & feelings

| Thoughts | Feelings | Behavior |
|--|-------------|--|
| Covid-19 will impact me | Fear | Working extra hard |
| Working from home is difficult | Exhausted | Not doing self-care |
| Will I be able to survive this | Overwhelmed | Over or under planning behaviors |
| My elderly parents will get infected and may not survive | Worried | Frequent check-in with parents on symptoms |
| My life will never be the same | Uncertainty | Not keeping routine and structure |

How to think differently

| Short process of challenging thoughts | Example |
|--|---|
| Trigger | Underlying health condition |
| Thought that is bringing yucky emotions | I will get Covid-19 |
| Reason why I am thinking this way | Many people around me have it, it is spreading everywhere. |
| Is there an evidence to support the thought | Yes, people around me are getting it — it is in Canada now. It is in my city. |
| What is an alternative way of thinking for the same issue | Infection rate is high and so is the recovery rate |
| What is the benefit for me to think in an alternative manner | I will be less fearful and be more prepared in case I do get Covid-19 |

Planning sheet example

| Priorities | Triggers | Day 1 | Day 2 | Day 3 | Day 4 |
|---------------|--|--|--|---|--|
| Health | <ul style="list-style-type: none"> • No sanitizer • No mask • Risk of exposure • Food | <p>Sanitization methods.</p> <p>Health care access methods.</p> <p>Food access.</p> <p>Reliable information.</p> | <p>Stay physically fit.</p> <p>Keep informed of Govt/ guidelines.</p> | <p>Stay physically fit.</p> <p>Keep informed of Govt/ guidelines.</p> | <p>Stay physically fit.</p> <p>Keep informed of Govt/ guidelines.</p> |
| Economics | <ul style="list-style-type: none"> • Less cash • Job security • Mortgage payment | <p>Speak with employer.</p> <p>Check EI website.</p> | <p>Read up on Govt. reform package.</p> <p>Speak with bank.</p> | <p>Set up budget for next few weeks.</p> <p>Speak with family about budget.</p> | <p>Explore alternative options of income generation.</p> |
| Psycho-social | <ul style="list-style-type: none"> • Children boredom • Lonely • Mental health • Working from home | <p>Speak with family around new life</p> <p>Identify. engagement and self care methods.</p> <p>Work and family boundaries.</p> | <p>Identify and connect with virtual circle of care.</p> <p>Do mental health check in with self or trusted person.</p> | <p>Continue with self care, engagement check in and boundaries.</p> <p>Feedback from workplace.</p> | <p>Continue with week 3 and explore learning opportunities in the virtual world.</p> |

Action plan

| Priorities | Triggers | Day 1 | Day 2 | Day 3 | Day 4 |
|---------------|----------|-------|-------|-------|-------|
| Health | | | | | |
| Economics | | | | | |
| Psycho-social | | | | | |

Resources

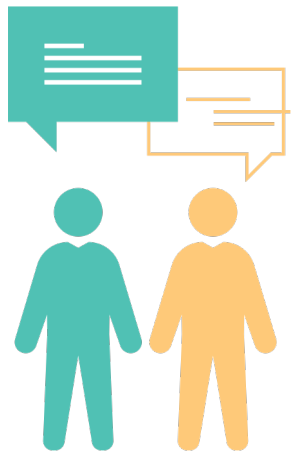
- CMHA Tips on what to do during Covid-19 <https://cmha.bc.ca/news/managing-anxiety-covid-19/>
- Mind Over Mood- a workbook: <https://www.mindovermood.com/>
- Practical relaxation <https://insighttimer.com/>
- and tools for anxiety <https://www.helpguide.org/>

WORK_{TO}WELLNESS

Connect with us

[LinkedIn](#) | [Twitter](#) | [Facebook](#)

info@worktowellness.com | 604.465.0094



Find out how we can make your workplace healthier, safer, and more productive

Our Workshops

- Lunch & Learn
- Mental Health
- Return to Work
- Bullying & Harassment
- Self Care
- Substance use in the Workplace

Workplace Mental Health Support

- Employee Return to Work
- Employer Needs Assessment, Program Development
- Psychological Safety Audit
- One-to-one Contact & Individual Support