

April 1, 2020

Self Care Resources Continued

Continuity Care has compiled a listing of self care resources to help you navigate through self isolation or social distancing.

Be Well- ICBT: A government initiative to offer ALL Manitobans support at this time. The digital therapy program is confidential, free, available 24/7 and supported by professional therapists. This program does not replace current phone-in supports offered by many organizations in Manitoba.

Those remain available to Manitobans.

<https://gov.mb.ca/covid19/bewell/index.html>



Agencies and Programming

Hope Center Ministries: They provide spiritual care and belonging for those with disabilities. They offer Talk Tuesdays and Friendship Fridays, plus many other ways to connect.

<https://www.hopencentreministries.org/events/>

Anxiety Disorders Association of Manitoba (ADAM): They have tips for your well-being and established an anxiety support line for anyone seeking support during this challenging time.

<http://adam.mb.ca>

Aulneau Renewal Centre: They have a program where you can sign-up to receive wellness checks and/or counseling sessions.

<https://aulneau.com/covid-19-update/>

Help Next Door MB: Help Next Door MB is a network of helpers coming together as a community. Whether you are a volunteer ready to provide your support or someone who needs a helping hand through these difficult times, this platform can connect you.

<https://helpnextdoormb.ca/>



Self Care Tools

Crisis, Trauma & Resource Institute (CTRI) offers 5 tips to help you care for yourself.

<https://ca.ctrinstitute.com/blog/4-key-dimensions-self-care/>

Deep Breathing as a self care and relaxation technique: Check out this resource from therapistaid.com to learn more about the benefits of breathing & how to do this effectively!

<https://www.therapistaid.com/worksheets/deep-breathing-worksheet.pdf>

Various self care + relaxation techniques, such as mindfulness meditation can be a helpful tool when we feel our minds and anxieties getting away on us. Take a few minutes of your day to sit in meditation. There are many apps you can download to your smart phone, such as Insight Timer, Calm, or Head Space that provide guided meditations. Here are some tips and tools on relaxation during this uncertain time.



<https://www.therapistaid.com/therapy-guide/relaxation-skills-guide#mindfulness-meditation>

Gratitude & Journaling Prompts as a self care & relaxation technique

<https://drive.google.com/file/d/18I7uT9JF9KtP4m9qxvOI4yJV6caNOIW1/view>

Going through something as uncertain and unknown as COVID-19 can cause anxiety, fear and other uncomfortable symptoms. **Grounding techniques** help control these symptoms by turning attention away from thoughts, memories, or worries, and refocusing on the present moment:

<https://www.therapistaid.com/worksheets/grounding-techniques.pdf>



Tools for the Family as a Whole

Inspire Community Outreach has a *Managing at Home Family Toolkit*, a video about caring for ourselves in isolation and a video on Supporting Children during Isolation all designed to meet the needs of those living with mental health issues and neurological/cognitive differences.

<https://mailchi.mp/a29of8e0a942/covid19toolkit>

https://www.youtube.com/watch?v=V10KlKt_Y8k&feature=youtu.be

<https://www.youtube.com/watch?v=cPUWZ2tEdeU&feature=youtu.be>