

Working Well: Let's connect and #GetReal about how we really feel

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When asked the question “how are you?” many of us say we’re fine, even when we may not really mean it. ‘Fine’ keeps us at arm’s length from important social connections with others. The theme for this year’s Mental Health Week (May 4-10) is social connection, and the Canadian Mental Health Association encourages us to #GetReal about how we’re really feeling.

We don’t have to be close to feel close

As we settle into the new reality of uncertainty that COVID-19 brings, many of us continue to experience fear, anxiety, grief, anger, shock, and loneliness. You are not alone with these feelings - we are all in this together. During this difficult time, we also share positive experiences of recognition, hope, gratitude, compassion, and kindness. We have recognized our own resilience and reflected on when we need to ask for help or offer our support to others.

Staying connected with friends, family, colleagues, and our communities promotes good mental health. Reaching out for support, being genuine in what we share and taking time to authentically connect with others makes a difference. We don’t have to be close to feel close.

Make your mental health and wellbeing a priority

Explore the opportunities and resources offered by PHSA’s Psychological Health and Safety team and their Wellness Partners to stay healthy and connected.

Share your ideas for staying socially connected!

How are you committing to staying socially connected during COVID-19? We’d love to hear what social connection means to you! Share a photo of how you’re engaging in social connection during COVID-19 by tagging PHSA on Twitter ([@PHSAofBC](#)) or Instagram ([@PHSA.BC](#)) with #GetReal. Send us your ideas for staying socially connected by emailing healthpromotion@phsa.ca.

Virtual coffee conversations

Meet a new colleague by taking part in a virtual coffee conversation over a 15 minute Zoom/Skype chat in May. This is a great way to build your professional network and learn more about a colleague you may not interact with regularly. Sign up on the [LearningHub](#) to be paired with another participating PHSA staff member.

Wellness Webinars

Register for the wellness webinar “[Calming Your Mind in Challenging Times](#)” on May 6th from 8:00am-9:00am, or May 8th from 12:00pm-1:00pm.

Mindful Monday

Sign up for the [Mindful Monday – Spring meditation session](#) on May 4th from 12:30pm - 12:50pm.

Virtual Yoga

Join virtual yoga on Tuesdays and Thursdays from 12:00pm-12:20pm via Zoom:
<https://zoom.us/j/115502129>

Looking for more information on Mental Health Week?

Visit mentalhealthweek.ca to learn more about ways to stay socially connected or the Health Promotion page on PHSA.ca

Coping during COVID-19

For more information and resources to support you and your family during COVID-19, visit [Workplace Wellness: Coping during COVID-19](#).

See [PHSA’s latest COVID-19 support resources](#) for temporary accommodation resources, toolkits for staff and leaders, and checklists to plan a smooth transition back to work for staff and managers.

PHSA’s Psychological Health and Safety team supports the mental health of all employees in any PHSA program, service, or division. To learn more about the programs and services available to staff, visit us on [POD](#) or at PHSA.ca. Questions? Email healthpromotion@phsa.ca.