

Working Well: Thank you for caring for your whole self

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The PHSA Psychological Health, Safety, and Wellness team would like to thank everyone who participated in the 21 Day Self-Care Challenge that was based on the Resilience at Work (R@W) Sustain 7 factors. The daily activities and resources were intended to provide ideas for enhancing personal resilience and coping through the uncertainty of COVID-19. Your comments during the challenge inspired us! The feedback provided at the close of the challenge was encouraging and will help inform our future work. Strengthening our individual resilience supports our personal and organizational wellbeing!



Prizes for participation have been randomly drawn for three lucky winners. Emily Chan, project manager at BC Children's Hospital and BC Women's Hospital + Health Centre, is the lucky winner of a new Fitbit!

"The 21 day Self-Care challenge came in at such a great time and helped bring a 'what about me' perspective into the bigger picture of the uncontrollable influences around us," Emily shared. "It was a relief to receive a daily reminder to reflect and do something that benefits myself and others around me in a great positive way! I've found myself to be the proud owner of my own balcony therapy garden and a novice dancer through dance fitness videos on YouTube - just some creative and fun ways to master stress and stay

healthy."

Check out what another participant, Tammy Pears, had to say about the 21-day challenge. Tammy is a research facilitator at BC Cancer - Prince George.

"I am always open to learning new skills to improve my professional development and personal growth. The self-care challenge was a great tool that provided a daily reminder and encouraged me to stay healthy and positive as we work through new challenges. As I received the daily challenges, it was encouraging to see that my team and I were already practicing many of tips shared from the self-care challenge. Thank you so much to PHSA Psychological Health, Safety and Wellness Team! It is wonderful to be part of a health authority that puts so much time and thought into providing the tools to help keep us healthy."

See the 21 self-care challenge slides on [PHSA's Wellness Initiatives Page](#).

We encourage PHSA staff to continue to adopt self-care habits into your daily routines as we all adapt to the new circumstances that COVID-19 brings.

Keep your eyes peeled for the upcoming daily fitness challenge starting in June!

Seeking information and resources to support your mental health?

Check out the [staff resources](#) including psychosocial supports to help you cope during COVID-19.

Visit the [Health Promotion page on PHSA.ca](#) for upcoming wellness workshops, activities, and tips for staying healthy.

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.