

## Take care of ourselves during November – and win a great prize!



### Authors:

Kathryn George, MA, RCC (Manager of Psychological Health & Safety)

---

You're not alone if you're feeling rather weary. Shorter daylight hours and a shift into colder weather can contribute to feeling blue, resulting in lower levels of energy. This is not unusual, and this year as we continue to co-exist with COVID-19, we may feel even more disruption to our circadian rhythms. [Prioritizing self-care](#) is an investment in keeping well during this challenging time.

### Let's invest in self-care strategies

We may not be able to make big changes right now, but we can take small steps where we have control. As we remind ourselves that this will not be forever, the following tips may also be helpful as we adjust to the changing season:

- Seek sunshine outdoors as much as possible and open the blinds
- Try using a light therapy lamp that mimics sunshine
- Use a dawn simulator, a light that gradually increases in brightness in the morning
- Stay physically active
- Stick to a routine
- Take your vacation time
- Talk with your doctor or reach out to a mental health professional
- Connect with friends and family for support

### Enter to win a HappyLight therapy lamp

Let's connect and inspire each other by sharing your favorite self-care tips and strategies in the comment box below. By sharing what works for you, you will inspire others and be entered in a draw to win a HappyLight therapy lamp! Not sure where to begin? Access this [Self-Care Starter Kit](#) to help identify your personal self-care needs and build your own self-care plan.

## Join in November's health promotion activities

### Don't forget to sign up for free virtual fitness classes and 15 minute stretch-breaks:

- For all of November, a variety of classes will be offered, including: Zumba, Pilates, yoga, stretch breaks, power circuit, high intensity interval training (HIIT), mindfulness and more! Fitness classes are **45 minutes** long and available Monday to Friday at various times throughout the weekdays to accommodate different work schedules. Sign up on the [LearningHub](#).

### Mindfulness Meditation:

- Looking for ways to better cope with stress, increase resilience, enhance connections with others, and bolster your ability to experience more joy and peace? [Register here](#) for weekly, virtually delivered Mindfulness Meditation sessions. In addition to weekly Thursday meditations, this November we are also partnering with the [Lab of Meditation](#) for a [special 3-part series of meditation sessions](#) that invites a place for rest and respite.

### Resources to support your overall health and wellbeing:

- PHSA's employee and family assistance program (EFAP), provided through Homewood Health, and is available to assist you 24/7 via video, phone, private online chat or private messaging.
  - Phone: 1-800-663-1142
  - Website: [Homeweb.ca](#)

### Build up your resilience bank:

- Visit PHSA's [Supporting Our Workforce page](#) for articles, resources, and tools that provide psychosocial support during COVID-19.
- Sign up for upcoming "[COVID-19: Specialized Mental Health Support for Health Care Workers](#)" webinars. This webinar will focus on identifying challenges and feelings that may be causing distress, beneficial psychological supports, and reinforcing adaptive coping strategies.
- Sign up for an online [Resilience at Work \(R@W\) workshop](#) to learn how to boost your resilience.
- Facilitated Co-existing with Covid-19 Team sessions are available. To book your session contact [psychhealthsafety@phsa.ca](mailto:psychhealthsafety@phsa.ca)

Leaders can sign-up for [Employee Psychosocial Check-in training](#) to support staff in psychological distress in the workplace.