



Mental Health Resources and Tips for Essential Workers during the COVID-19 Pandemic



Physical Well-Being Resources



Essential workers must ensure that they are undertaking the following key steps to ensure their own physical health:

- Keep your work and home separate. Ensure to have your personal items such as cellphones and bags stored in the locker room. By doing so, you reduce the chances of these items becoming contaminated by coming into contact with people at your workplace.
- Wash your hands, disinfect your phone/car keys/car handles, and shower immediately after arriving home.
- Become physically active by completing home workouts and going for walks outside.
- Follow a healthy diet and hydrate throughout the day.
- Establish a good sleep schedule.
- Monitor your health for COVID-related symptoms by using Health Canada's self-assessment tool: <https://ca.thrive.health/covid19/en>.
- You may also call the following helpline to speak with a nurse (833) OSF-KNOW (833-673-5669), or visit osfhealthcare.org and use Clare, the digital assistant in the lower right corner, to help you navigate your next steps.



Mental Health Resources and Tips

Essential workers such as front-line health care workers are skilled in providing care to their patients. However, they need care as well which is why they must undertake four crucial steps to ensure their own health mental well-being:

- **Awareness:** Become aware about your own needs and learn when to slow down. You must accept your state of anxiety and stress, educate yourself with credible information, challenge your worries and know when to seek support for yourself or others.
- **Breath:** Practicing mindful breathing can bring you to a state of calm and greater focus towards your tasks. Special online mindfulness sessions are specifically organized for physicians to learn coping strategies to deal with anxiety and stress. These sessions take place every day from Monday to Thursday at 8:00 pm. Please click here to consult the schedule: <https://www.camh.ca/-/media/images/all-other-images/covid-19-professionals/physician-mindfulness-brochure-pdf?la=en&hash=C65BBD2ECA2E7CF370EECEFEFCDCDE6A2442B30A>
- **Recovery:** Practice self-care, establish good nutrition, hydrate properly throughout the day, and establish a sleep schedule. Also, encourage others to think of their own recovery.
- **Connect:** Communicate and socialize with others via the technological and online tools available to you. Check up on your family members' and your colleagues' mental health as well.

Promoting a Healthy Workplace Environment



Workplace Health Promotion is defined as the combined efforts of employers, employees and society to improve the health and well-being of people at work by The European Network for Workplace Health Promotion.

An organization which promotes the workforce health enables its staff to experience:

- a safe and healthy work environment
- enhanced self-esteem
- reduced stress
- improved morale
- increased job satisfaction
- improved health and well-being



The organization also benefits since it acquires:

- a positive and caring image
- improved staff morale
- reduced staff turnover
- reduced absenteeism
- increased productivity

This **Health Canada** document provides tips to prevent COVID-19 in the workplace:

- For employees: Keep your hands clean, keep your environment clean and keep your distance.
- For employers: use risk-informed decision making, communicate your protection measures to staff and clients, cancel all non-essential travel for work, post signs indicating good hygiene practices, provide facilities/cleaning products for the workplace, provide your staff with any personal protective equipment required and provide information to employees on how to proceed if they develop symptoms of COVID-19.
- To consults the document, click on the following:
- <https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/preventing-covid-19-workplace-employers-employees-essential-service-workers/preventing-covid-19-workplace-employers-employees-essential-service-workers-eng.pdf>



References:

- <https://www.osfhealthcare.org/blog/essential-workers-how-to-protect-yourself-and-your-loved-ones/>
- <https://ca.thrive.health/covid19/en>
- <http://www.camh.ca/en/health-info/mental-health-and-covid-19#coping>
- <https://vimeo.com/yieldbranding>
- https://www.who.int/occupational_health/topics/workplace/en/index1.html
- <https://www.canada.ca/en/public-health/services/publications/diseases-conditions/preventing-covid-19-workplace-employers-employees-essential-service-workers.html>