

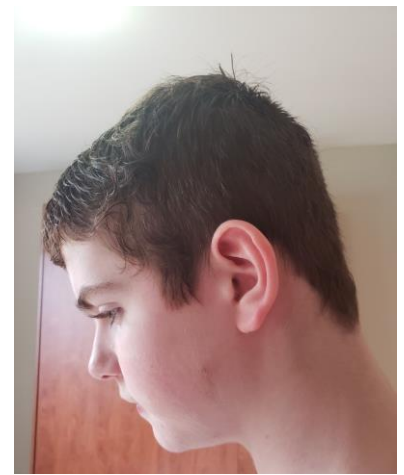
in this issue >>>

- *Gratitude!*
- *Celebrations*
- *Life Goes On Snapshots*



“Expect nothing and be grateful for everything.” Anonymous

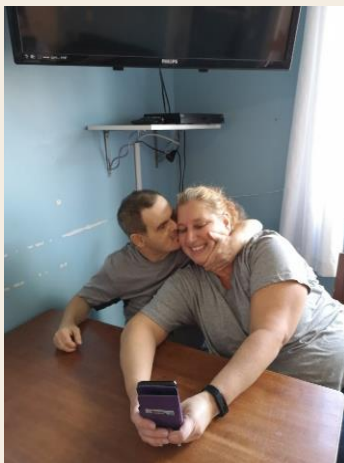
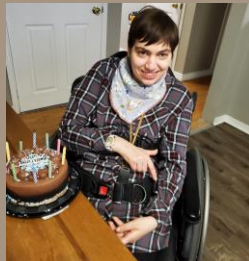
Open *Hands*



Happy Administrative
Professionals Day

Thank You
for the tremendous
job you do for us!





Self-care Tips for Positive Mental Health

Everyone's mental health is bound to be impacted during this time and it is important that you know that we support you and empathize with how difficult this is for all OCAPDD staff. Your mental health is important. Know that some of the feelings you may be experiencing are normal during this abnormal time. It's okay not to be okay.

"There is no health without mental health." ~Paola Ardiles

There are many ways to support positive mental health during this time and we would like to share some self care tips while emphasizing the importance of your mental health.

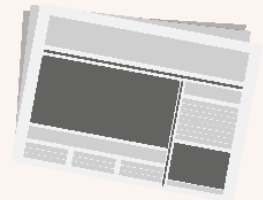
Take time.

Taking 15 to 30 minutes each day to yourself to meditate, take a brisk walk, do yoga, listen to music, or just breathe. This can be a way to step back and recalibrate: giving yourself the time and space.



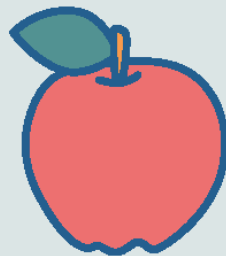
Limit news.

Try not to be inundated by news and social media reports. Limit yourself to once or twice a day to keep up with developments.



Eat healthy.

Eat healthy and take care of your body, taking time to eat a meal, and keep your physical health in check. Overall health helps to promote good mental health.



Stay connected.

Talk to your friends and family. Keep in touch with phone calls, video chats or texts. Social distancing can be hard and feel isolating, so make sure you are reaching out to those that are important to you.



Seek support.

Many new resources and support services are now available to offer support services to those who are struggling with mental health. Below are links to some new supports available.

covid19therapists.com/request-support/

www1.shoppersdrugmart.ca/en/health-and-pharmacy/silvercloud-faq

www.camh.ca/en/health-info/mental-health-and-covid-19

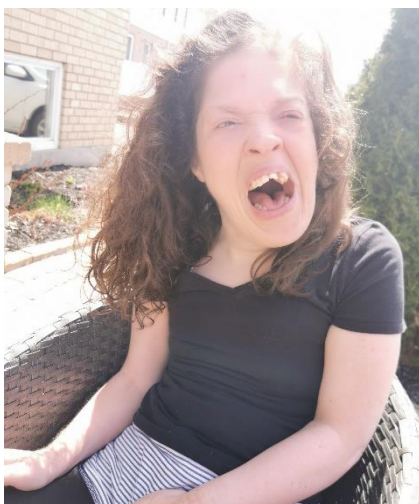
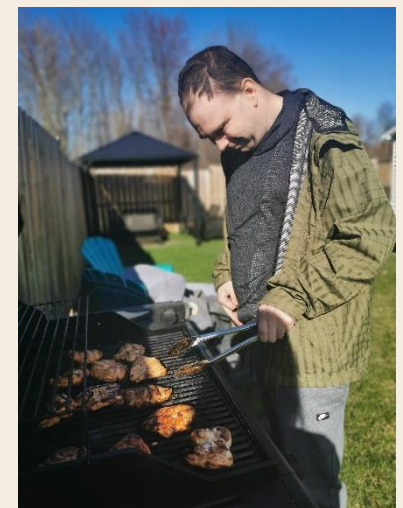
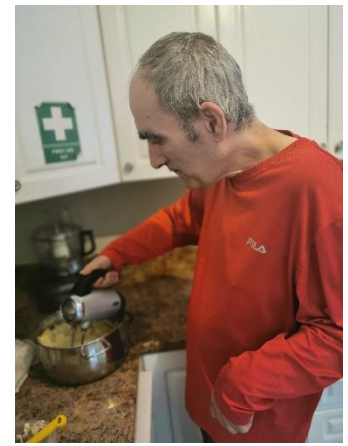
Be kind.

Practice kindness every day towards others and yourself. This situation we are all living through is difficult and the unknown can feel daunting - go lightly on others and yourself.



*It's times like these that
demonstrate the importance
of Direct Support Professionals.*

THANK YOU FOR EVERYTHING YOU DO!



Homewood Health
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Counseling • Coaching • Support

1.800.663.1142

Numéro sans frais - en français : 1.866.398.9505

International (Call Collect): 604.689.1717

TTY: 1.888.384.1152

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