

Caring for Yourself and Others in Times of Uncertainty

Caring for yourself and others in times of uncertainty can be challenging. In times like the ones we are currently facing, it is normal to feel anxious and worried, and not know what to do. If you are feeling overwhelmed, taking a moment to acknowledge you are having a normal reaction to an abnormal situation can be a helpful first step. Whatever you are feeling is okay, but know there is help available if you are struggling.

Often when we face stress, our wellness practices and healthy habits may give way to other priorities or concerns. This said, maintaining our wellness physically, mentally and spiritually during times of stress is one of the most important things we can do both for ourselves and those around us. There are steps that you can take to recharge your own battery and prepare for the unknown. Consider the tips in the resources below to help you maintain your own wellness.

The [Personal Resilience Employee Plan](#) is a tool every employee can use to build resilience to help adapt and recover in the face of life's challenges. Your completed workbook is your personal document and you will not be asked to share your responses with anyone.

Resources:

The [Employee Wellness and Supports](#) web page contains information and resources on many aspects of personal wellness including information on coping strategies, mindfulness, building resilience, stress management, grief and contact numbers for crisis support.

"Life is uncertain. We all know it and it can make people anxious. But there are times when world events bring forward even greater uncertainty in daily life, which in turn can make us even more anxious than usual. The coronavirus outbreak is one of these times for many people. How can you manage this anxiety and worry during these uncertain times?"

For more: [What to do if you're worried or anxious about COVID 19](#)

"When stress strikes, self-care often takes a back seat. "The ability to care for oneself is predicated on the ability to consistently go inward and listen to what is there with open, compassionate ears," said Amy Pershing, LMSW, ACSW, a clinical director at The Center for Eating Disorders in Ann Arbor, Mich"

For more: [PsychCentral - Practicing Self Care During Stressful Times](#)

"Self-care is vital for building resilience toward those stressors in life that you can't eliminate. When you've taken steps to care for your mind and body, you'll be better equipped to live your best life."

For more: [5 Self Care Strategies For Every Area Of Your Life](#)

For tips, videos, and resources on managing anxiety go to [Anxiety Canada](#)

In many ways we are in unprecedented times, and with this can bring many challenges from financial restraints, shifts in routine, to isolation from social networks and support services. These conditions can accelerate or exacerbate domestic violence situations and may lead to increased rates of domestic violence. The City of Edmonton is enhancing services and ensuring comprehensive supports are available to employees who may be experiencing domestic violence. For more: [Domestic Violence Supports During Times of Stress](#)

For Emotional Support and/or Counseling:

LifeWorks by Morneau Shepell - Employee and Family Assistance Program (EFAP)

1-855-789-7289

FREE, professional, short-term, solution-focused counselling services to help employees and their families work through the difficulties that life can present.

Lead Chaplain, John Dowds

Senior Mental Health Consultant

780-496-7863

As Chaplain, John Dowds provides support and information to City employees and their families. He has extensive experience in the care and support of those going through crisis, stress and grief.

[AHS Mental Health Helpline](#) - 1-877-303-2642

Toll free 24/7 telephone service, which offers help for mental health concerns for Albertans.

[Kids Help Phone](#) - 1-800-668-6868

An e-mental health service for young people, available 24/7 from anywhere in Canada via phone, text, or online chat.

[Family Violence Information Line](#) - 310-1818

Toll free 24/7 telephone service, which offers family violence information and support in Alberta. Available in 170 languages.

[Edmonton Seniors Abuse Help Line](#) - 780-454-8888

Get support, referrals and crisis intervention for elderly adults who are at risk of experiencing abuse or neglect.

For Further Wellness Resources and Supports - Mental Health/Healthy Living Team:

The Mental Health/Healthy Living Team works together with all City employees and workforce teams to provide wellness programming, resources, education, and support.

Please reach out to our team for any of the following:

- Information about resources at the City or in the community
- Presentations and workshops on a variety of wellness topics (can be done virtually)
- Ideas for promoting health and wellness within your team

Jessica Culling - 780-508-9272

Lacey Ranslam - 780-496-5449

Melody Cesar - 780-944-0724