

Weekly Wellness Communication

04/22/2020



Coping Mechanisms

Reducing Feelings of Stress and Anxiety

Educate Yourself

First, understand that feelings of stress and anxiety are normal! Use these feelings as motivation to protect yourself and others, and to educate yourself on the virus.

Maintain a Balance

Find a healthy intake of information that allows you to stay informed, but remain positive. Tune into the news once daily, as circumstances typically change on a day-to-day basis.

Reliability

Don't believe the validity of facts if they are not endorsed by Health Canada, World Health Organization, or the Government of Canada. Avoid facts from unfamiliar websites, social media outlets, or casual conversation.

Reduce other Stressors

Even with the COVID-19 pandemic, our lives have still continued. We still have heavy workloads, energetic children, a house to clean, and groceries to buy. Try to address these regular day-to-day stressors to reduce your overall anxiety. Create a pros/cons list, prioritize your tasks, or practice meditation!

Avoid the "What-ifs"

It is easy to jump to the worst-case scenarios. When people are stressed, they may overestimate how bad a situation can get, and underestimate their ability to cope with a situation. Think of a difficult time in your life that you were able to work through; it is time to show that same resilience now!

Resources for Support

Algoma University offers an Employee Assistance Program through LifeBalance, completely confidential. Read their FAQ page [HERE](#) and visit their webpage [HERE](#) (username: *auceap*, password: *english*).

PRO TIP

Did you know that there are a number of foods that can reduce stress and anxiety? This includes Brazil nuts, fatty fish, eggs, pumpkin seeds, turmeric, dark chocolate, chamomile, and yogurt. Read more about it [HERE!](#)

"You are braver than you believe, and stronger than you seem, and smarter than you think."

Christopher Robin

Recipe of the Week

Triple Berry Smoothie

Try this at home, take a picture, and send to hr@algomau.ca for a feature!

Ingredients

- 1 banana
- 1 c. frozen strawberries
- 1 c. frozen blackberries
- 1 c. frozen raspberries
- 1 ¼ c. almond milk
- ½ c. Greek yogurt

Steps

- Combine all ingredients in a blender and blend until smooth.
- Combine into two glasses, and finish with more fruit on top.

Helpful Tip

- You can turn your favorite smoothie into a hearty smoothie bowl!
- Pour your smoothie into a bowl and top with seeds (chia, flax, pumpkin), nuts (walnuts, almonds, hazelnuts), grains (granola, quinoa puffs), cocoa nibs, cinnamon, ginger, shredded coconut, raisins, or goji berries!

[LINK to recipe](#)



Weekly Calendar

Five activities to try at home for each day of the week!

WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY
Try this step-by-step guide to full-body relaxation. LINK	Try this guided meditation to reduce stress and anxiety. LINK	Join Virtual Tea Time! Details HERE . Here's a great recipe!	Take 30 minutes to meditate on your upcoming week. Here are some helpful tips .	Cultivate gratitude for all that brings you happiness! Here are some helpful tips .

Managing Your Mental Health

With the uncertainty and stress that the pandemic has caused on workplaces, Health Solutions by Shoppers™ is providing the SilverCloud Stress Program for free (currently until June 15). This proactive and practical program provides employees with the tools and techniques to manage stress and build resilience. All services remain 100% confidential. Click [HERE](#) to visit the SilverCloud webpage.

When creating an account, use the **PIN: SHOPPERS** to receive FREE ACCESS to the SilverCloud Stress Program.

Quick Links

[Algoma University COVID-19 Updates](#)

[Government of Canada](#)

[World Health Organization](#)



Note: Refrain yourself to only 15 minutes of COVID-19 related information per day. Stay informed, but keep your mind healthy!



Employee Feature

I have managed to cope with our “new normal” with the support of the amazing Algoma University community and my amazing team. I have let go of any unrealistic expectation and refrained from being hard on myself. My daily expectation has been, “it’s ok to just get through the hour and the day!” I also find the time to acknowledge the small accomplishments, both professionally and personally, including acknowledging the time I dedicate to pastime activities. I love spending extra time with my dog, Ella, every five minutes on the hour, before work hours, during my lunch break, and after work hours. Normally I would spend this time commuting, and now I can spend that time with her. This is something that I am grateful for and recognize that gratitude everyday.

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