

Weekly Wellness Communication

06/25/2020



Managing Anxiety & Stress

The impacts and the unknown surrounding COVID-19 can be very stressful for many individuals. In fact, experiencing fluctuating levels of stress and anxiety is a normal response to difficult situations and many will react differently to the impacts and how they are trying to manage through the anxiety and stress.

As we work toward returning to campus and forming new standard operations, it is important to be aware that stress can come in many forms. It could impact sleeping and eating patterns, ability to concentrate, worsening of chronic health problems and mental health problems and increased fear and worry about family members and friends. How one manages through these anxieties and stressors will vary.

Simple things like cutting news time down, working out, eating healthy and staying connected are listed as ways to manage stress and anxiety during COVID. Remember to focus on the things that you can control, and let go of those that you can't.

Sometimes, those things may not be enough, and that is okay. Talking to your Doctor about stress and anxiety is always important. You can also see below two resources available that you may find helpful:

Employee Assistance Program

The EAP program is confidential and available 24/7 to our employees. LifeBalance offers practical solutions to life's issues; they have advice, resources and tools to support you.

To access LifeBalance, visit <http://www.lifebalance.net> and login using username "auceap" and password "english" or call toll-free 1-877-630-6701/TTY: 1-877-371-9978.

Mindability

The Ontario Government announced that they will be releasing a program called **Mindability** - therapy for anxiety and depression, that will be funded like OHIP, with no out-of-pocket expenses to the patients. **Mindability** will launch in the Spring of 2020 and the Health Minister noted that the program will make it simple for those to access care for mental health concerns.

"Our anxiety does not come from thinking about the future, but from wanting to control it."

Kahil Gibran

Recipe of the Week Elote (Mexican Grilled Corn)

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

Ingredients

- Oil, for brushing
- 1 tsp chile powder
- ½ tsp cayenne powder
- 8 ears of corn, husked
- ¼ cup mayonnaise or unsalted butter
- ½ cup crumbled cotija cheese, parmesan or ricotta salata
- 1 lime, cut into 8 wedges

Steps

- Warm grill to high and brush with oil
- Combined spices to bowl
- Grill corn, turn occasional until lightly charred, about 10 minutes
- Remove from grill immediately brush each with 1 1/2 tsp of mayo/butter and sprinkle 1tbsp cheese and a pinch of powder mixture
- 1 lime wedge for each ear

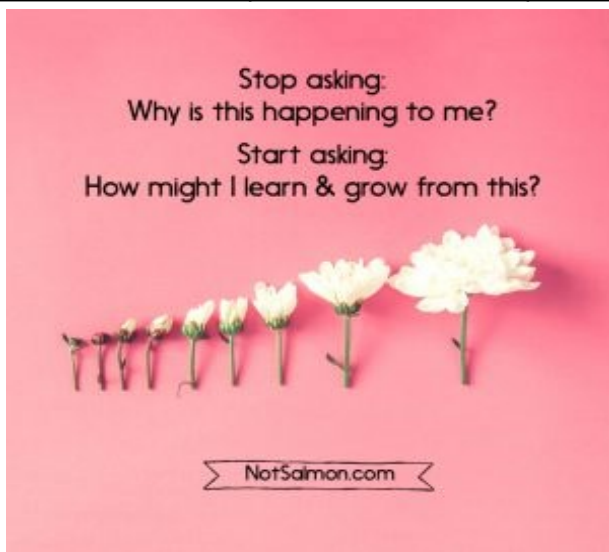
LINK to [recipe](#)



Weekly Calendar

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

WEDNESDAY	THURSDAY	FRIDAY	MONDAY	TUESDAY
#takeoutwednesday Support a local restaurant and treat the family!	Check out the free online tutorials by the YMCA for the kids!	Try a free online art class from the Museum of Modern Art	Try out one of these 10 science experiments to amaze the kids! (or yourself!!)	Check out famous actors reading kids book here



Quick Links

[Algoma University COVID-19 Updates](#)

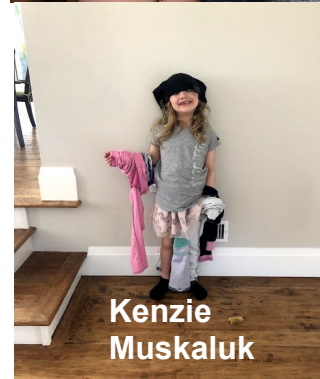
[Government of Canada](#)

[World Health Organization](#)

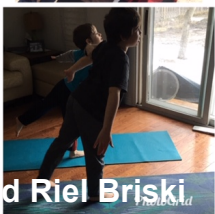
Meet our AU Extended Families!



Kohan & Kaleb Nasby

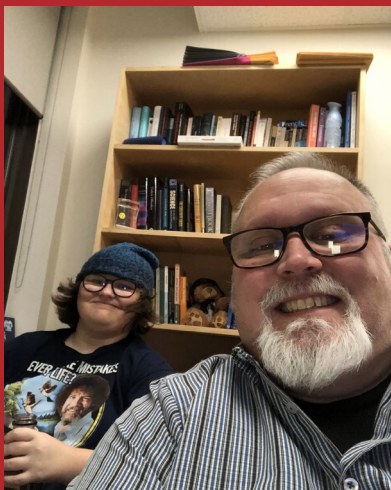


Kenzie Muskaluk



Hudson and Riel Briski

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



Employee Feature

Dad, what are we going to do today? This has been the first question my daughter has asked me on most days for the past three months. My answers vary a little bit but let's find something fun to do is my standard response. Despite all of the recent restrictions, and being at home 99% of the time, finding times of fun and joy are the best way to combat the negative aspects of our era of quarantine. Doing things for yourself and others can give an emotional boost. My wife is back to work so I make her a healthy lunch because it makes her day better and this makes my day better. A chore of car washing turning into a water fight with my daughter results in uncontrollable laughter. That feels incredible. Being there for my family and having time to be silly has become a habit and one I do not want to break. Be nice to yourself and others.

Dr. Paul Dupuis
Associate Professor of Psychology