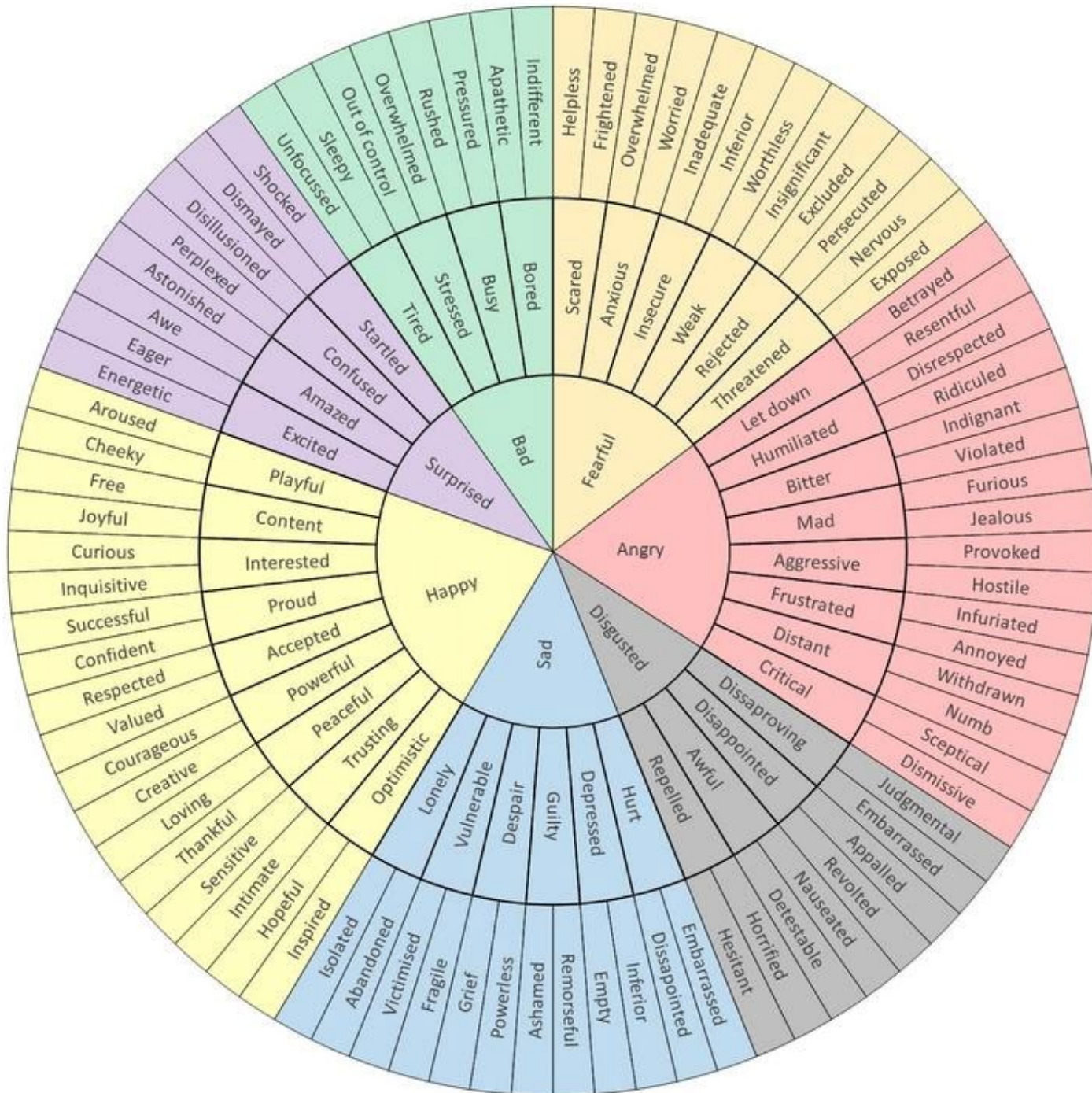


3,2,1 - Breathe. Keepin' it  
together as you WFH

---


Participate on Sli.do: <https://www.sli.do/>

Event Code: 321breathe



How do you feel  
when you hear that  
work from home will  
continue for  
months?

# Use the wheel.



# 3,2,1 - Breathe. Keepin' it together as you WFH

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Aalya Dhanani Essa

Rebecca Nava





Image source: cedars-sinai.org

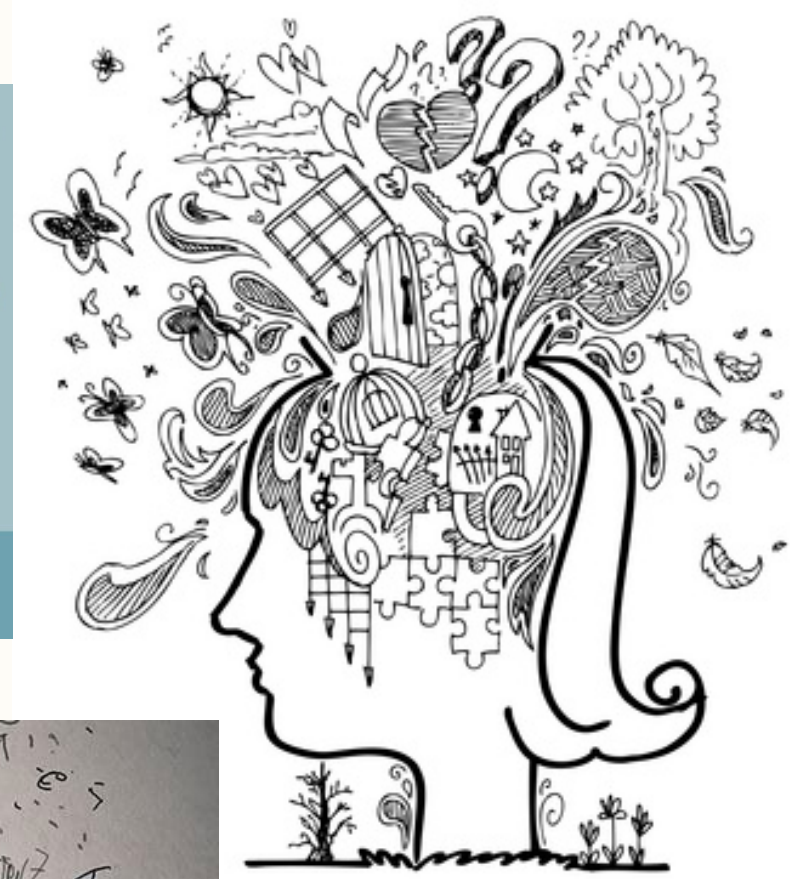
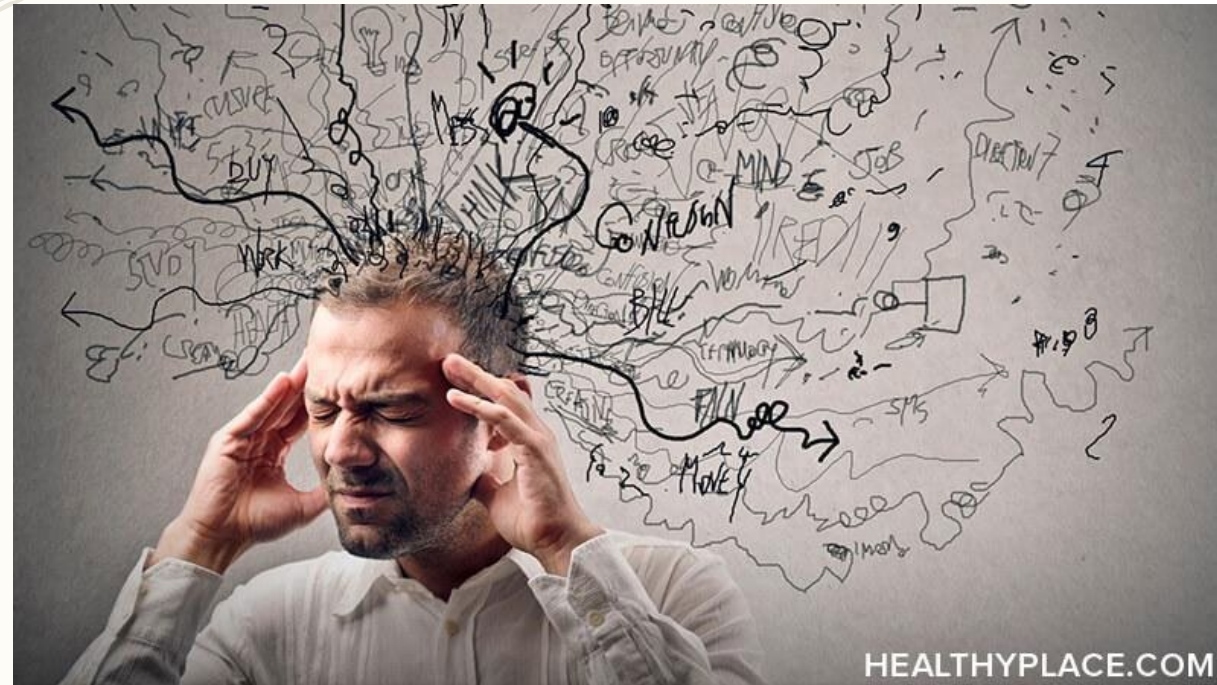
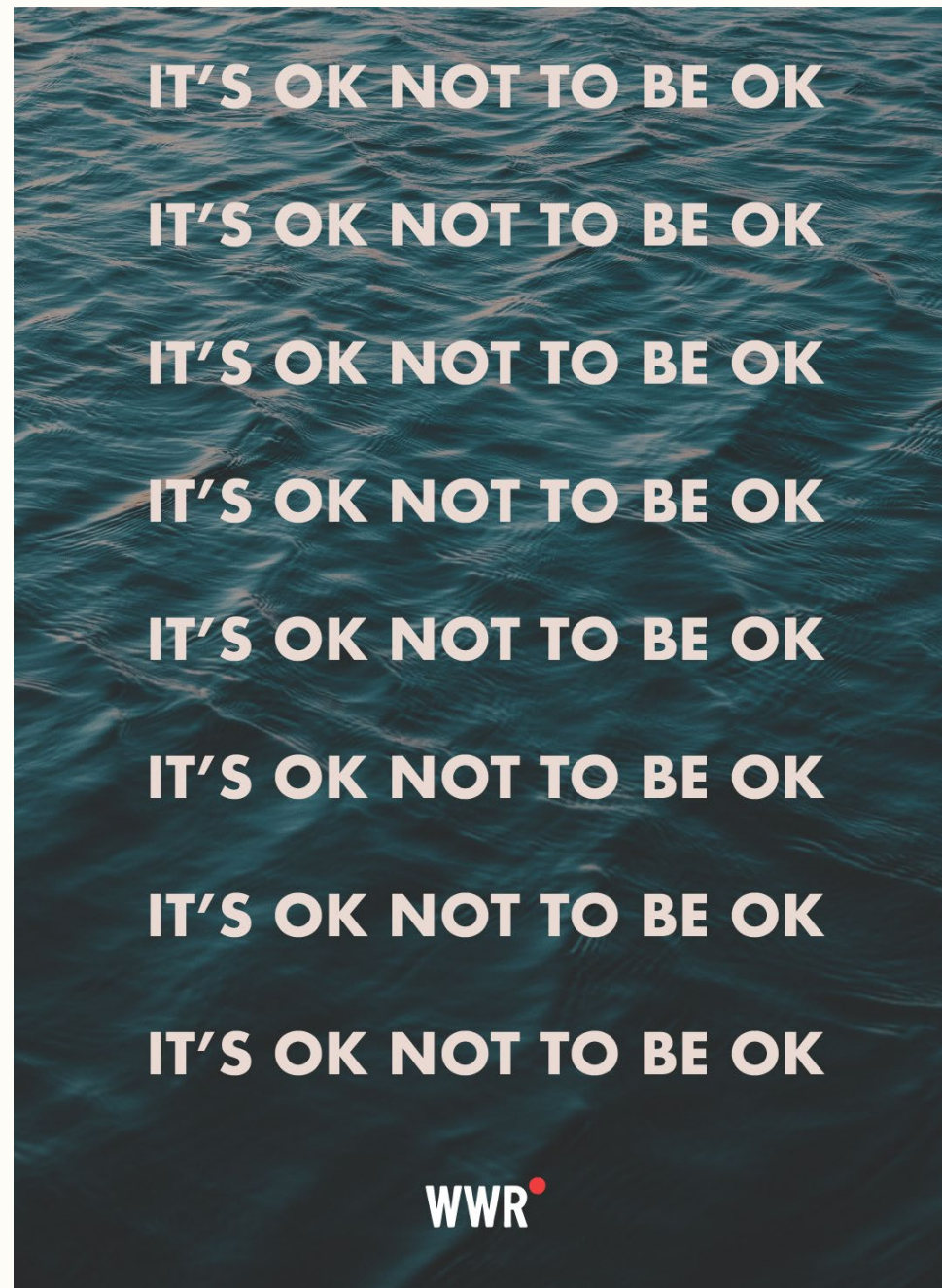


Image source: carlacastagno - Fotolia





## Pandemic or NOT:



Source: We Work Remotely

# You gotta nourish to flourish



Be kind to yourself.

Forgive yourself.



Self-care is how  
you take your  
power back.



HealthyPlace.com





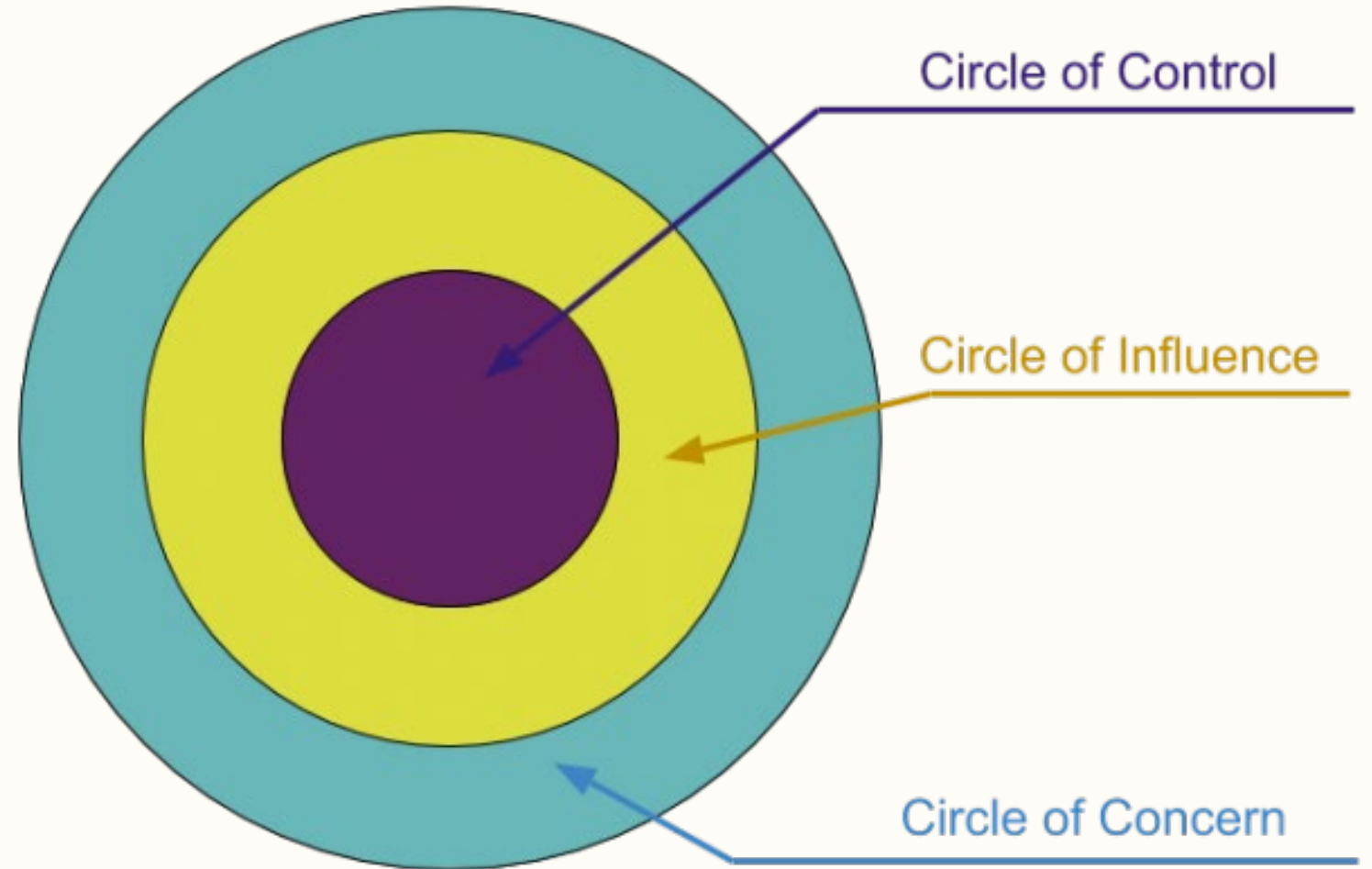
Image Source: Malika Dhanani

**My self-care may look different than yours or someone else's and that is A-OK.  
DO YOU.**





# Your Circle of Control



Stephen Covey




**Say it:**



# Check-in with yourself

## Self awareness and self reflection

- 
- ☐ Am I eating? What am I eating? When am I eating?
  - ☐ Am I sleeping? Am I sleeping well? How much am I sleeping?
  - ☐ Am I talking about this? **Who** should I talk to? (Spouse, family, friend, colleague, doctor, therapist, everyone, no one)
    - ☐ Am I writing down my feelings?
  - ☐ Why do I feel this way? When do I feel this way? Are there pre-existing conditions influencing my now? (medical, social, other)
  - ☐ New conditions/symptoms? When did this start?
  - ☐ What do I need **right now**? What makes me feel **good**?

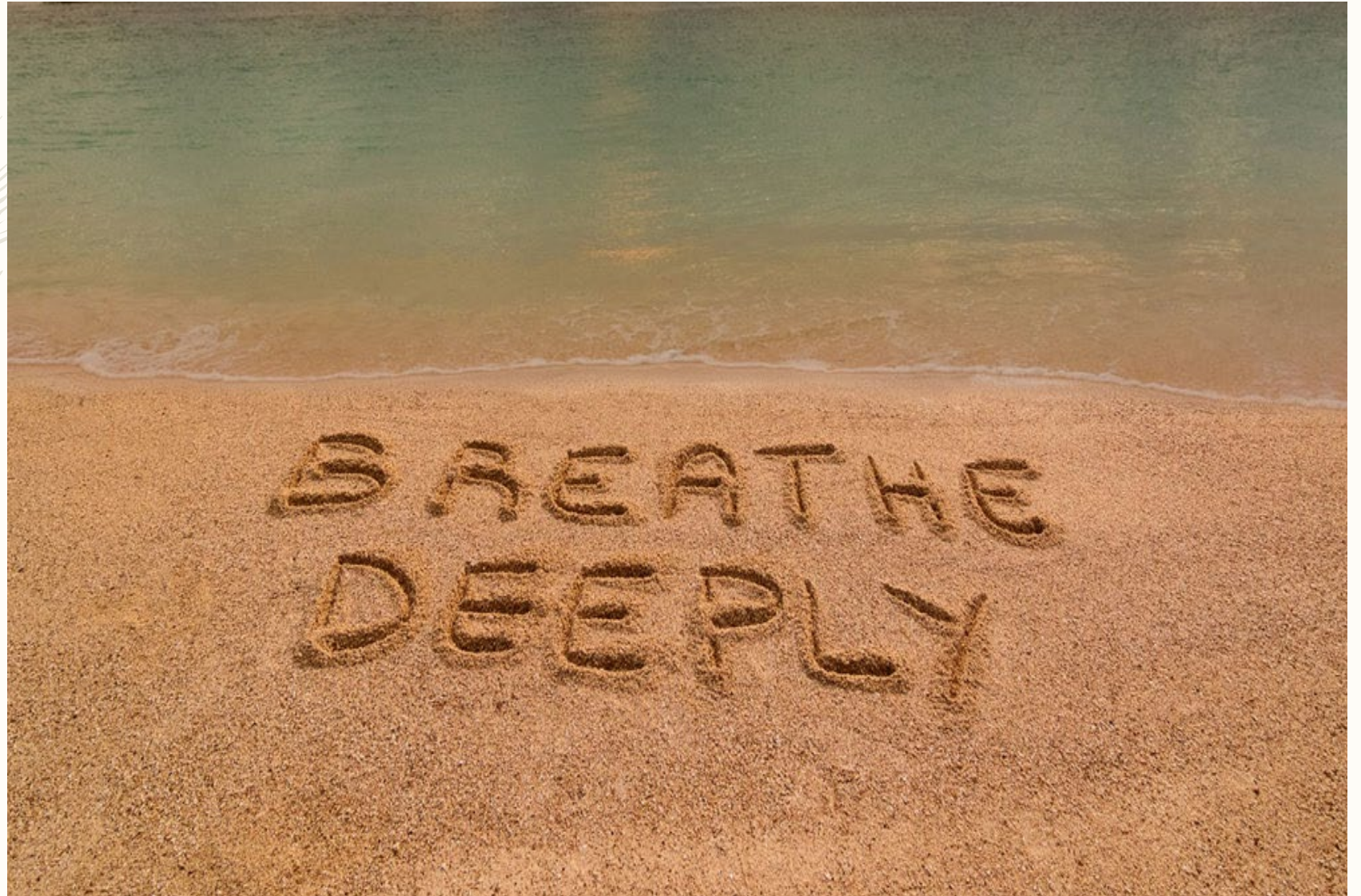
What can I control? Who can I ask for help? Who is my support system?



# 3,2,1 – Breathe. Grounding Yourself



Image credit: Binetti Roberto









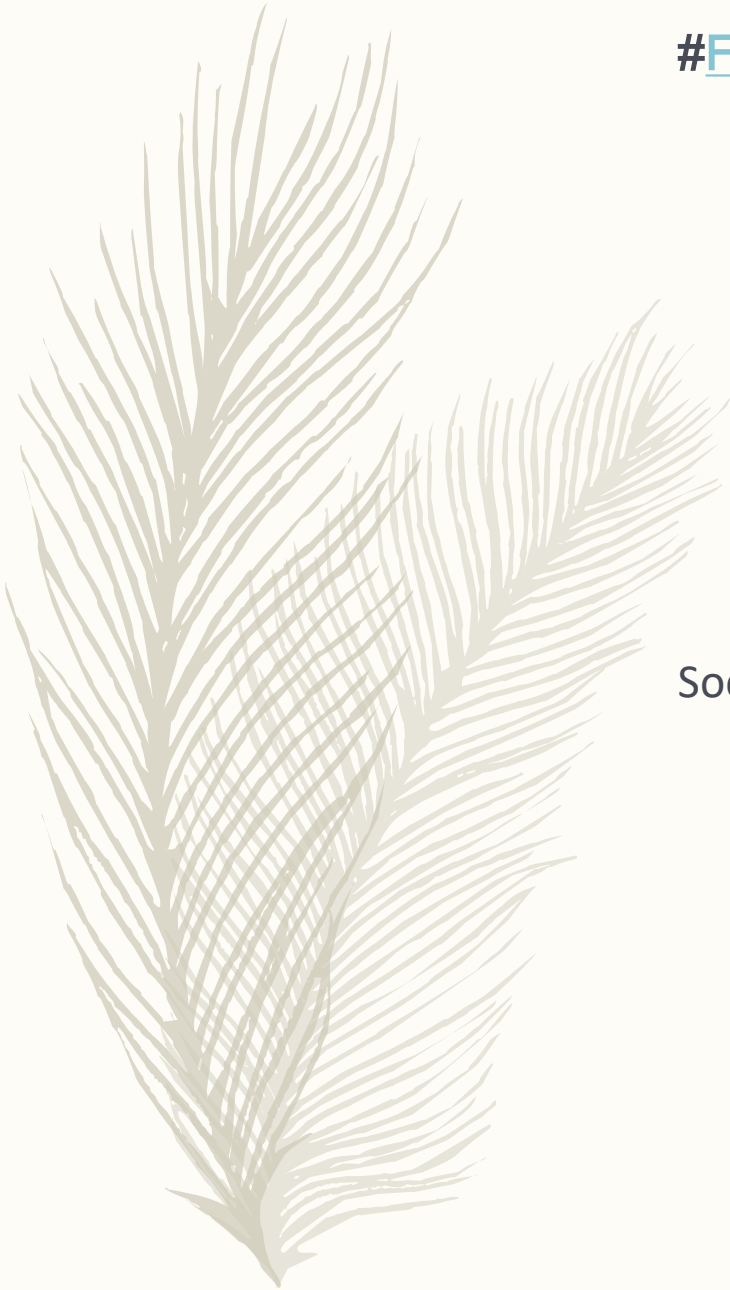
# Resources

## #FLEXGC Trello Board :

- Centre of Expertise on Mental Health in the Workplace (GC)
  - Protect your mental health
  - Get help
    - Community Resources (e.g. [Distress Centre / Help Lines](#))
  - Employee Assistance Program – EAP
  - [Going Remote Guide](#) (CSPS Digital Academy - busrides.ca)
    - [Remote Work, Defined](#) (popular episode)

## Social Media & Community (not an exhaustive list by any means):

- [Yoga with Adriene](#) (YouTube)
- Other interests (Dance, cooking, [goodreads](#))
- Online communities/groups (Facebook, YPN, [OTG](#) etc.)
- Peers/colleagues
- Find (Positive) Influencers (e.g. Jay Shetty, [positivelypresent](#))
- [Calm](#) (App) - meditation and mindfulness
- [Sleep Cycle](#) (App) - sleep monitoring/understanding ... sleep better



Reach out to us!

Twitter:

@FlexGCInfo

@CEMHW\_CESMMT (Centre of Expertise on Mental Health)

@Rebecca\_Nava\_

@AalyaDE

