

# BUILDING WELLNESS DURING DIFFICULT TIMES

Evidence-based strategies and healthy coping can help us regulate our emotions during difficult times and protect us against the harmful effects of stress.



**PAUSE/  
BREAK**



**ENHANCE  
POSITIVE  
AWARENESS**



**KINDNESS  
TO SELF  
AND  
OTHERS**



## HOW TO PAUSE/BREAK

Taking a pause/break refers to the practice of any **non-work related activity** that **purposefully distracts you** and **holds your attention**.



An effective way to pause/break is by using **mindfulness**.

## WHAT IS MINDFULNESS?

**Mindfulness is paying attention to what we sense or experience.**

In the present moment.

On purpose

With nonjudgmental acceptance

## STRATEGIES TO PAUSE/BREAK



Try using a **mindful progressive muscle relaxation** activity.

[CLICK FOR AN EXAMPLE](#)



Try using a **calming breath** activity.

[CLICK FOR AN EXAMPLE](#)



## COMING TO YOUR SENSES

Using your senses is a great way to keep yourself in the present moment. Focus on the sounds or smells around you or how your clothes feel on your body.



[CLICK EACH SENSE FOR SHORT GUIDED VIDEOS](#)

## STRATEGIES FOR SLEEP



[CLICK HERE FOR A YOGA NIDRA SLEEP MEDITATION](#)



**SLEEP WITH ME  
PODCAST**

[CLICK HERE FOR A PODCAST THAT TELLS BORING BEDTIME STORIES TO HELP YOU FALL ASLEEP](#)

# STRATEGIES TO ENHANCE POSITIVE AWARENESS

## WHY ENHANCE POSITIVE AWARENESS?

We are all often very quick to notice negative information (For example, criticism, daily hassles, upsetting news) in our daily lives. This is due to an evolutionary mechanism which serves to readily notice danger and keep us out of harm's way



This negativity bias predisposes our perception to recognize negative information while positive information (For example praise, pleasant feeling, daily joys) often goes unnoticed.

Research shows that increasing positive awareness is protective against stress, so we need to work to recognize and appreciate the good things in life

**There are always little (or big) things to be grateful for even if the most difficult of times.**

## THREE GOOD THINGS



Note down 3 things that you enjoyed during the day (For example first sip of coffee in the morning or seeing the sun) -think of how they made you feel and savour that feeling.

## GRATITUDE JOURNAL



**Try it !** Take time aside 2-3 days per week to write down a few things you are grateful for.

# STRATEGIES TO ENHANCE KINDNESS TO SELF AND OTHERS

## WHY KINDNESS?

Research shows that the ability to be kind to ourselves that is, self-compassion, is linked to better functioning under stress through persistence.

Self-compassion refers to treating ourselves with the same kindness and consideration we would show a friend.

## KINDNESS TO SELF

Try using a **self-compassion meditation** activity.

[CLICK FOR AN EXAMPLE](#)

## KINDNESS TO OTHERS

Acts of kindness towards others (For example, prosocial behaviors) have been shown to enhance mood and increase overall well-being!



# RESOURCES FOR ALL

## ANXIETY CANADA

Evidence-based website which provides anxiety management resources.

## CANADIAN MENTAL HEALTH ASSOCIATION

Resources and suggestions to support your mental health during times of uncertainty.

## GREATER GOOD

Stress management resources for all ages developed by University of California, Berkley.



[INSIGHT TIMER](#)

[STOP, BREATHE & THINK](#)

[HAPPIFY](#)

[SMILING MIND](#)

[iSleep EASY](#)

[REACHOUT BREATHE](#)

Free **mindfulness** and **stress management** apps available on **iOS** and **Android** mobile devices

Check out the "mindfulness" episode in **The Mind, Explained** series on Netflix.

[CLICK HERE FOR MORE INFORMATION](#)

# RESOURCES FOR MCGILL STUDENTS



## Student Wellness Hub

Resources and services for student success and well-being.

## Maple Virtual Care

Online medical consultations for international students with Medavie Blue Cross insurance.

## Keep me SAFE

24/7 mental health counsellings service available to McGill students.

## Office of the Dean of Students

Student Affairs Case Managers provide services, referrals, and support to students seeking help.

## Peer Support Centre

Confidential and non-judgmental listening and support service run by McGill students. Such as:

Nightline

Chatline

# RESOURCES FOR MCGILL FACULTY AND STAFF



## My Healthy Workplace

Staff engagement initiative with resources and events to promote health in the workplace.

## HR Health and Well-being Program

Resources to support your mental and physical well-being and build resilience.

Wellness Resources during COVID-19 by McGill HR

## Employee and Family Assistance Program

Resources and services for staff with professional, personal, or family related issues.

24/7 phone line: 1 844 852 7572

Visit website at: [workhealthlife.com](http://workhealthlife.com)

## TIPS FOR SUPPORTING YOUR CHILD



### **Problem-Solving**

When your child is distressed:

**LISTEN  
VALIDATE  
EMPATHIZE**

...then support them in problem-solving rather than problem-solving for them.



### **Money in the Bank**

Take advantage of **good** moments with your child.



Create **brief moments** in the day to let your kids know you love them and are proud of them.

**It's okay** to have negative parenting moments!



### **Safe Haven**

When your child is overwhelmed, provide them with a safe haven in the storm.

You can do this by **grounding yourself** using strategies shared in this infographic!



### **Modelling vs. Telling**

You need to practice what you preach and **explicitly model** healthy coping behaviours.



*Practice the strategies, take care of yourself, and try to create a positive environment.*

Questions? [CLICK HERE](#) to contact us!