

# MENTAL HEALTH SUPPORT

## Transitioning to State 3 and Beyond

As we enter Stage 3 and the lifting of mandatory restrictions, Albertans face a period of adjustment. Although the easing of restrictions is welcome, re-opening will impact everyone differently, and may bring increased anxiety for some. We encourage Albertans to access supports that are available, if and when they are needed, and to respect how others are adjusting in this time of transition.

Ongoing stress can have an impact on emotional wellbeing and mental health, and it is more important now than ever to remember to take care of our mental health, the same way we take care of our physical health. While this looks different for everyone, some examples include: getting outdoors, going for a walk or staying connected with friends and family.

**Below are some aspects to consider you navigate the transition during this challenging time. If you are experiencing thoughts of suicide, are in crisis or immediate danger call:**

- 9-1-1,
- Health Link at 811, or
- Alberta Health Services' Mental Health Help Line at 1-877-303-2642 (toll free)

**For immediate support, available 24 hours a day, 7 days a week,**

<b>Anxiety</b>	<ul style="list-style-type: none"><li>• It is normal to experience a range of emotions from excitement to worry to anxiety as we open up the province, and some of us may need more time to adjust.</li><li>• Some of us may feel uncomfortable entering into social situations. This is normal and it may be helpful to re-enter social situations by seeing only one or two people, before gradually returning to larger social settings.</li><li>• Albertans are encouraged to determine the level of precautions that will help them ease into Stage 3 and beyond. This could mean continuing to wear a mask, being selective about attending in-person gatherings or parties, or taking more time for yourself.</li><li>• If you are experiencing overwhelming emotions of anxiety, depression or hopelessness, please reach out to someone for help. A list of resources below is available to you should you require it.</li><li>• Many coping tools are provided by Alberta Health Services to assist with <a href="#">Coping and Wellness</a></li></ul>
<b>Taking Care of Yourself</b>	<ul style="list-style-type: none"><li>• At times like this, it can be easy to fall into unhealthy patterns of behaviour which, in turn, can make you feel emotionally and mentally unwell.<ul style="list-style-type: none"><li>○ Here are tips towards <a href="#">eating healthy</a> and getting <a href="#">physically active</a>.</li><li>○ Avoid excessive tobacco, alcohol and other substance use.</li><li>○ Try to maintain regular sleeping patterns, create a restful environment and avoid caffeine close to bedtime.</li></ul></li></ul>

# MENTAL HEALTH SUPPORT

---

<b>Community and Relationships</b>	<ul style="list-style-type: none"><li>• Our feelings of worry, fear and helplessness are often compounded when we feel alone and disconnected from others. Reaching out or connecting with your friends, family, and community, can help you and others with your transition.<ul style="list-style-type: none"><li>○ You may want to begin with small steps such as a simple text or meet-up at a café or small outdoor gathering.</li><li>○ Following-up with people and deciding on a safe space and time to meet up may help you feel at ease.</li></ul></li><li>• Volunteering is a great way to develop a sense of community and purpose. It can be a way to connect with others and feel a part of something greater than yourself.</li></ul>
<b>Mindfulness and Self-Awareness</b>	<ul style="list-style-type: none"><li>• Mindfulness is about the practice of purposefully focusing your attention on the present moment and about curiously examining what you are feeling and experiencing without judgement. It is a popular tool used to reduce stress and increase overall happiness.</li><li>• There are many resources available regarding mindfulness. This may include options, such as:<ul style="list-style-type: none"><li>○ Canadian Mental Health Association: <a href="#">Mindfulness</a>, or</li><li>○ eMentalHealth.ca: <a href="#">Mindfulness 101: The Basics</a>.</li></ul></li><li>• Albertans are also able to consult a therapist, psychologist, or other specialist for more information.</li></ul>
<b>Media and News Outlets</b>	<ul style="list-style-type: none"><li>• It is good to be informed, but hearing about the pandemic constantly can be upsetting. Consider:<ul style="list-style-type: none"><li>○ Finding a balance between staying informed and when to take a break from pandemic news and social media.</li><li>○ Seek credible information as opposed to more information. Some reliable sources include the Government of Alberta, Health Canada and Alberta Health Services.</li></ul></li></ul>
<b>Navigating Workplace Re-entry</b>	<ul style="list-style-type: none"><li>• We recognize that returning to the workplace may be challenging for some Albertans for a number of reasons.<ul style="list-style-type: none"><li>○ These might be related to personal health issues or those of a loved one, or general anxiety around being in close proximity to others.</li></ul></li><li>• Getting back to business will require some adjustments to collectively keep everyone safe, and each employee and employer may differ in their approach. What's most important is making sure everyone feels safe and protected, and that best practices and recommendations are followed wherever possible.</li><li>• Employers and employees are encouraged to check-in early with one another to provide clarity on expectations and plans to return to the workplace and to allay some of the concerns mentioned above.</li></ul>

# MENTAL HEALTH SUPPORT

---

- 
- |  |  |
|--|--|
|  | <ul style="list-style-type: none"><li>• Employers and employees should work towards establishing their own list of precautionary measures that work for staff and will maximize the level of comfort for a return to the workplace.</li><li>• Continue with good habits that will help reduce risk of transmitting any respiratory virus, such as washing hands and staying home when sick. Employers are encouraged to continue implementing and promoting good cleaning practices particularly around high touch areas and surfaces.</li></ul> |
|--|--|
-