

Resources and Continued Learning

Create an account at [Homeweb.ca](https://www.homewood.ca) to access free eCourses, webinars and articles.

- Suggested EFAP eCourses: Resilience; Embracing Workplace Change; Taking Control of Stress
- Life Lines articles:
 - [6 Steps to Reducing Work Stress](#)
 - [Me-Time: Managing Stress and Finding Work-Life Balance](#)
 - [Mental Wellness at Work](#)
 - [10 Steps to Achieving Work-Life Balance](#)
 - [Self-Care: Time and Attention for You](#)

Visit and explore:

- Mental Health Commission of Canada: www.mentalhealthcommission.ca
- Canadian Mental Health Association: www.cmha.ca
- Mental Health Works: www.mentalhealthworks.ca
- Mental Health Website: www.mymentalhealth.ca
- Guarding Minds at Work: www.guardingmindsatwork.ca
- Centre for Addiction and Mental Health: www.camh.ca
- Public Health Agency of Canada: www.phac-aspc.gc.ca
- Health Canada: www.hc-sc.gc.ca
- National Network for Mental Health: www.nnmh.ca
- Canadian Psychological Association: www.cpa.ca
- Canadian Psychiatric Association: www.cpa-apc.org
- Suicide Prevention: www.suicideprevention.ca

RESOURCES AND PRACTICAL STRATEGIES FOR SELF-CARE AND BUILDING RESILIENCE:

“Caring for myself is not self-indulgence, it is self-preservation” - Audre Lorde

Meditation Tools

Applications

- **Insight Timer** is a free resource with guided music and guided meditations in many languages from different teachers.
- **Headspace App** has a variety of paid and free offerings, for different levels, same narrator.
- **Meditation Oasis Podcast** features free guided meditation and music for meditation.

Books

- *Mindfulness for beginners*, Jon Kabat-Zinn
- *When things fall apart*, Pema Chodron
- *The untethered soul*, Michael Singer
- *The Radiance Sutras*, Lorin Roche

On Self-Compassion

- To learn more, visit <https://self-compassion.org/> and try the “Self-Compassion Guided Practices and Exercises”.
- Test how self-compassionate you are, [HERE](#).

Helpful Strategies

- **Journaling:** Google and test out the “brain dump”, bullet journaling or different, guided journal prompts!
- **Stay connected:** Social support is key to a healthy, balanced lifestyle and to manage stress. Check in with your friends, family, neighbours or colleagues. Start a book club, cook up a new recipe with friends (virtual dinner plans or in-person), have some deep-dive discussions over text or the phone about a trending true-crime podcast or the latest hit Netflix show, or meet outside for some socially distanced, safe hangs (as appropriate). Getting outside in nature is a form of self-care in and of itself, and there’s so much to do: walk, hike, backyard bonfire, picnics at the park, workouts in the park, etc.