

# Helping You Feel Better after COVID-19

## Managing Stress

Self-Guided Learning

## How Well Do You Bounce Back?

This interactive tool helps you to measure your ability in stressful situations. Take this [Resiliency Quiz](#) (← Ctrl+Click) at the beginning *and* after you have practiced some new skills/tools or accessed additional support. Keep track of your progress below.

Date:	My Resiliency Results	Skill, Tool or Service Used
	<input type="checkbox"/> Very resilient <input type="checkbox"/> More resilient than most <input type="checkbox"/> Moderately resilient <input type="checkbox"/> Not very resilient	
	<input type="checkbox"/> Very resilient <input type="checkbox"/> More resilient than most <input type="checkbox"/> Moderately resilient <input type="checkbox"/> Not very resilient	
	<input type="checkbox"/> Very resilient <input type="checkbox"/> More resilient than most <input type="checkbox"/> Moderately resilient <input type="checkbox"/> Not very resilient	
	<input type="checkbox"/> Very resilient <input type="checkbox"/> More resilient than most <input type="checkbox"/> Moderately resilient <input type="checkbox"/> Not very resilient	

## SELF-GUIDED LEARNING



Select the videos that are applicable to your situation and learning needs. You can refer to videos at any time you wish and work through this guide at whatever speed best suits you. Keep track of your learning below and build breaks into your learning plan for each day.

*The length of each video is listed in brackets beside each link.*

### What is Stress?

How your Mind and Body React to Stress (2:18)

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abo1933&lang=en-ca>

The Fight-Flight-Freeze Response (3:04)

<https://www.youtube.com/watch?v=SJhcn7Q0-LU>



## Stress Management Strategies

Keep an open mind in learning, selecting and practicing various tools and skills. Make a plan whenever trying something new, to give it a chance for at least 2 weeks before deciding if its suitable for you.

### General:

- The Basics of Self-Care (2:35) <https://www.youtube.com/watch?v=z4s-6N8f0a4>
- How to Combat the Feelings of Distress and Anxiety (2:17) [https://www.youtube.com/watch?v=IRIDA4wh9\\_A](https://www.youtube.com/watch?v=IRIDA4wh9_A)
- 7 Ways to Build Resilience (3:00) <https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abo2794&lang=en-ca>
- Ways to Wellness (2:42) <https://www.youtube.com/watch?v=4ju2G3KtKNA>
- The Importance of Maintaining Hobbies and Activities (2:35) <https://www.youtube.com/watch?v=ppTH9hMrDjA>

### Taking Care of My Body:

- Managing Sleep <https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=uh1001>
- Moving More for Mental Wellness (1:46) <https://myhealth.alberta.ca/Health/Lists/HealthVideoSearch/DispForm.aspx?ID=1218>
- The Link Between Healthy Living and Mental Wellness (2:12) <https://www.youtube.com/watch?v=7oBG1hs6E3Q>
- The New Canada's Food Guide (1:35) <https://www.youtube.com/watch?v=4uNmRPLCPVg>
  - Canada Food Guide <https://food-guide.canada.ca/en/>
- Benefits of Water (1:19) <https://www.youtube.com/watch?v=9beQQkRhqkM>
- Managing Craving during COVID-19 (2:27) (Food, alcohol, tobacco and other drugs) <https://www.youtube.com/watch?v=vIDU0gtjsO0>





**Managing My Thoughts & Emotions:**

- Your Thoughts Affect what you Feel and Do (2:11)

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=ac11564&lang=en-ca>

- Changing Negative Thoughts (1:26)

<https://myhealth.alberta.ca/Health/Lists/HealthVideoSearch/DispForm.aspx?ID=569>

- How to Stop Negative Thoughts (1:09)

<https://myhealth.alberta.ca/Health/Lists/HealthVideoSearch/DispForm.aspx?ID=581>

- Positive Thinking (1:37)

<https://myhealth.alberta.ca/Health/Lists/HealthVideoSearch/DispForm.aspx?ID=590>

- 5 Ways to Practice Optimism (3:29)

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=ac13276&lang=en-ca>

- Practicing Self-Compassion (2:21)

<https://myhealth.alberta.ca/Health/Lists/HealthVideoSearch/DispForm.aspx?ID=1219>

- ◆ More guided self-compassion exercises (5 to 24 minutes audio tracks):

<https://self-compassion.org/category/exercises/>

- Rediscover your Inner Strength (2:39)

<https://myhealth.alberta.ca/Health/Lists/HealthVideoSearch/DispForm.aspx?ID=743>

- The Benefits of Laughter and Gratitude in Times of Crisis (2:07)

<https://www.youtube.com/watch?v=MVt0cmgkl6o>

- Mindfulness: What is it? (1:41)

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abp4913&lang=en-ca>

- Stress and Coping: Mindfulness Can Help (2:29)

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abp4939&lang=en-ca>

- Dealing with Emotions that Arise when seeing Risky Behaviors (1:20)

[https://www.youtube.com/watch?v=RnnfIER\\_las](https://www.youtube.com/watch?v=RnnfIER_las)



***Dealing with My Emotional Wellness:***

- Depression is Common (0:42)  
<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abo2223&lang=en-ca>
- Anxiety-What is it? (2:05)  
<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abp8497&lang=en-ca>
- PTSD Signs and Symptoms (3:30)  
<https://myhealth.alberta.ca/Health/Lists/HealthVideoSearch/DispForm.aspx?ID=879>
- Caregiving: Take Care of Yourself Too (1:29)  
<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abo5004&lang=en-ca>
- Navigating COVID-19 Fatigue (2:15)  
<https://www.youtube.com/watch?v=JNzPPuJ2Ht0>
- Alcohol and COVID-19 (3:21) <https://www.youtube.com/watch?v=xCQ8wU3Soul>
- Grief and Loss During a Pandemic (34:06) <https://www.youtube.com/watch?v=LYvz-HUWlsc&list=PLi1tOF1I5ZoViga6eGdhkdv5G5uY8fUk8&index=8>
- Grief and Loss – Managing the Holidays during COVID-19 (41:42)  
<https://www.youtube.com/watch?v=zV9J3P04oMM>

### **Handling My Relationships and Connections:**

- 5 Ways to Reduce Loneliness and Increase Connection (2:02)

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=ac12610&lang=en-ca>

- A Good Support System is Important (2:04)

<https://myhealth.alberta.ca/Health/Lists/HealthVideoSearch/DispForm.aspx?ID=729>

- Dealing with Loneliness (2:06) <https://www.youtube.com/watch?v=ONAcdilbafs>

- Interpersonal Effectiveness: DEAR MAN (5:04)

<https://www.youtube.com/watch?v=EC-M59r-0jg>

- Building Family Resilience during COVID-19 (3:14)

<https://www.youtube.com/watch?v=GMkkEmPrVE0>

- Dealing with Household Tension (2:25)

<https://www.youtube.com/watch?v=8BJpNhhWCol>

- Marriage and Relationships during a Time of Pandemic (2:32)

<https://www.youtube.com/watch?v=gJDWOJS5NBc>



### **Relaxation Exercises:**

- Deep Breathing (1:49)

<https://myhealth.alberta.ca/Health/Lists/HealthVideoSearch/DispForm.aspx?ID=391>

- Roll Breathing (2:07)

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abn3445&lang=en-ca>

- Mindfulness: Breathing Exercise (2:30)

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abp4933&lang=en-ca>

- Mindfulness: Breathing Practice (3:44)

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abp4921&lang=en-ca>

- Guided Imagery (2:38)

<https://myhealth.alberta.ca/Health/Lists/HealthVideoSearch/DispForm.aspx?ID=392>

- Relaxing Your Muscles (1:51)

<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abo5022&lang=en-ca>



## Self-Guided Learning: Managing Stress

- Progressive Muscle Relaxation (4:38)  
<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abo5680&lang=en-ca>
- Using Yoga to Relax (2:57)  
<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=abo5028&lang=en-ca>
- HeartMath Tools <https://www.heartmath.org/resources/heartmath-tools/>
- CTRI - Stress Reduction Exercises <https://ca.ctrinstitute.com/stress-reduction-exercises/>

## Asking for Help

Start with a conversation with your healthcare provider about your concerns and discuss additional support services. See some tips in the videos below.



- Make the Most of Your Doctor Visit (1:49)  
<https://myhealth.alberta.ca/health/pages/conditions.aspx?hwid=hw226888>
- Video: Tips to Finding a Counselor or Therapist (2:00)  
<https://myhealth.alberta.ca/Health/Lists/HealthVideoSearch/DispForm.aspx?ID=748>
- Read: Tips to Finding a Counselor or Therapist  
<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=ug1829>
- Suicide, Self-Harm and COVID-19 (2:11)  
<https://www.youtube.com/watch?v=obiLBehQVwk>
  - Suicidal Thoughts or Threats – Read the page and use the “Check Your Symptoms” to see what kind of help you may need:  
<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=suicid>
- If you are having thoughts of Suicide, reach out for help (2:01)  
<https://www.youtube.com/watch?v=gV8zB3ENCh0>

## Mental Health Resources in Alberta

### 24-Hour Help Lines:



**Emergency 9-1-1**

**Mental Health Help Line 1-877-303-2642**

Provides confidential/anonymous support, information and referrals to Albertans experiencing mental health concerns.

**Addictions & Mental Health Help Line 1-866-332-2322**

Provides confidential support, information and referrals to Albertans experiencing addiction and mental health concerns, including problem gambling.

**Hope for Wellness Help Line 1-855-242-3310**

Counselling and crisis intervention for Indigenous, First Nations and Inuit provided by psychologists and social workers in English, French, Cree, Ojibway and Inuktitut from Health Canada.

Online chat also available at [www.hopeforwellness.ca](http://www.hopeforwellness.ca)

**Calgary Distress Centre 403-266-4357 (HELP)**

Crisis support service and offered in over 200 languages.

Online Crisis Chat available weekdays from 3pm-10pm & weekends from noon-10:00pm [www.distresscentre.com/need-help/](http://www.distresscentre.com/need-help/)

ConnectTeen Online Chat Is available from 3:00pm – 10:00pm weekdays and noon-10:00pm on weekends at [www.CalgaryConnecTeen.com](http://www.CalgaryConnecTeen.com)

**Edmonton CMHA – CRISIS Line 780-482-4357 (HELP)**

CRISIS line provides immediate support for crisis around contemplating suicide, feeling overwhelmed, or experiencing abuse.

Online Crisis Chat available weekdays from 6pm-10pm & weekends from noon-4pm <https://edmonton.cmha.ca/online-crisis-chat/>



## Information & Service Navigation Lines



### **Health Link 8-1-1**

Call to access free 24/7 nurse advice; general health information and navigate AHS services regarding addictions and referrals to programs; such as: Mental Health Services, AlbertaQuits Tobacco Helpline; referral for medication advice; dietitian services and other programs available through Alberta Health Services.

### **Rehabilitation Advice Line 1-833-379-0563**

Free rehabilitation advice and general health information for Albertans over 18 years of age, provides information about: activities and exercises that help with physical concerns; strategies to manage the day-to-day activities affected by these concerns; rehabilitation services that are open for in-person and/or virtual visits and community-based organizations

### **211 Alberta 2-1-1**

Visit webpage: [www.ab.211.ca](http://www.ab.211.ca) or call 2-1-1 to speak to an information & referral specialist about available government, community, social services, programs and/or find your nearest community resource centre. Including topics such as counselling, emergency medication coverage; low-income medication coverage; income support; disability benefits; food & clothing; housing subsidies, etc.

### **Inform Alberta**

Visit webpage: <http://informAlberta.ca> for Alberta's province-wide service directory for community, health, social and government services.

### **Find a Family Doctor**

Online search tool for Alberta family doctors accepting patients in your area:

<https://albertafindadoctor.ca>

If more assistance is required: call Health Link **8-1-1** or contact your local Primary Care Network.

## Health Education & Tools



**MyHealth.Alberta.ca** <https://myhealth.alberta.ca>

Alberta's source for trusted consumer health information, easy-to-use health tools and wellness resources from Alberta Health Services and Alberta-based partner organizations. As well as access to search tool for finding healthcare services; emergency department wait times and access to MyHealth Records.

- ◆ Information & Resources to help you recover after COVID-19:  
<https://myhealth.alberta.ca/HealthTopics/After-COVID>
- ◆ Stress Management:  
<https://myhealth.alberta.ca/health/pages/conditions.aspx?Hwid=rlxsk>

### **Alberta Healthy Living Program**

Free Alberta Health Services health education classes for Albertans over 18 years old. To find workshops, classes and registration information visit [www.ahs.ca/ahlp](http://www.ahs.ca/ahlp)

- Helping You Feel Better After COVID-19 Series
- Healthy Living Workshops:
  - Better Breathing
  - Eating Well
  - Energy
  - Exercise
  - Health Decisions
  - Nutrition topics
  - Pain management
  - Sleep
- Emotional Wellness Workshops:
  - Stress Management
  - Try a Little Self-Kindness
  - Managing Emotional Eating
  - Understanding the Grief Experience
- Better Choices, Better Health Self-Management Workshops

### **Alberta Health Services – Mental Health Resources COVID-19**

<https://www.albertahealthservices.ca/topics/Page17311.aspx>

This Alberta Health Services website contains various toolkits, activities, tip sheets, virtual workshops, support portals, videos and many other resources related to mental wellness. Topics include: Coping and Wellness; Physical Well-being; Substance Use and Addiction; Employment & Finances; Family Matters; Seniors' matters; Suicide and Mental Wellness Moments videos.

### **Alberta Health Services: Help in Tough Times**

<https://www.albertahealthservices.ca/amh/page16759.aspx>

This Alberta Health Services website contains important phone numbers and links to information and services around housing, shelters, family violence, kids help phone, income support, food, sexual assault, grief, indigenous services/information, LGBTQ2S+ / Sexual and Gender Diversity, addictions, mental health and suicide.

### **Alberta Primary Care Network (PCN)**

<https://pcnpmo.ca>

Ask your family doctor for a referral to their attached PCN for comprehensive services provided by certified healthcare professionals and mental health consultants (including, counselling services). For more information and calendar of health & wellness programs/classes, check out above link for the website of the PCN serving your area.

### **Text4Hope**

Free daily one-way text messaging services that helps people identify and adjust the negative thoughts, feelings and behaviours. Receive advice and encouragement helpful in developing healthy personal coping skills and resiliency.



There is no cost, however standard message rates pay apply with your mobile service provider.

To subscribe:

- Text **COVID19HOPE** to **393939** to the COVID-19 Hope program.
- Text **Open2Change** to **393939** to subscribe to the addiction program.
- Text **CancerCare** to **393939** to subscribe to the cancer program.

## Online Support



### **Togetherall**

<https://togetherall.com/en-ca/>

Access to a clinically moderated free online peer-to-peer mental health community. 24 hours a day

A safe place to talk, share and support others like you. It's an anonymous community where members can support each other. Resources available include: self-assessments; creative tools to help express how you're feeling and self-guided courses.

### **AlbertaQuits 1-866-710-QUIT (7848)**

[www.albertaquits.ca](http://www.albertaquits.ca)

Free virtual 6-session QuitCore support group program led by trained counsellor to help quit smoking. Check out calendar: [Upcoming support groups | AlbertaQuits](#) or call.

## Mobile Tools

Learn about evidence-based apps and download using the App store on smart devices.



[www.sanvello.com](http://www.sanvello.com)



MindShift CBT - Anxiety  
Relief  
Health & Fitness

[MindShift® CBT - Anxiety Canada](http://www.mindshiftcbs.com)

How to choose a mental wellness app:

<https://www.albertahealthservices.ca/assets/info/ppih/if-ppih-covid-19-mobile-tools-mental-wellness.pdf>