

Wellness Hub Resources

Tools Tip Sheet

Purpose

The Wellness Hub team developed 3 relevant tools to support personal support workers and other long-term care home (LTCH) and retirement home (RH) staff during, and following the COVID-19 pandemic. Although the pandemic is over, many challenges brought on by the virus during the pandemic persist today. One key challenge is staff wellness and mental health (MH).

Who can use the tools?

Staff and leadership in LTCH/RH who want more information on MH and MH resources.

(1) CARE+ Package

The CARE+ workbook contains 60+ pages of wellness resources and links to professional supports, to aid staff with caring for their mental and physical health.



Overview of Mental Health

Exercises to help acknowledge and understand your own mental health.



Mindfulness & Burnout

Tools to practice mindfulness and recover from burnout.



PTSD, Anxiety & Depression

Understanding PTSD, Anxiety and Depression as secondary illness of burnout.



Grief & Bereavement

Tips on navigating grief and bereavement.

(2) Peer-to-Peer Toolkit

This toolkit provides strategies and tips on fostering positive relationships in LTCHs and RHs to create supportive workplaces.

(3) Wellness Day Guide

Provides step by step instructions on planning a wellness day in LTCH and RHs to show appreciation for staff efforts and promote overall well-being.

Why mental health matters?

The COVID-19 pandemic affected everyone, and imposed major changes in many workplaces and personal lives. Healthcare workers were hit particularly hard, and many still do not recognize the true impact the pandemic had on their wellness. We must take care of ourselves first, to better care for the people around us. It is important to address and understand your mental health, and seek resources and professional support when needed in order to help you stay the best version of yourself.

Check out these CARE+ resources here:
<https://wellness-hub.ca/resources-supports/>

