



MENTAL HEALTH RESOURCES

Best Tip for COVID-19 and Mental Health: Reduce your consumption of the News!

- Ottawa Public Health Crisis Hotline: **613-260-2360**
- [Workplace Strategies for Mental Health](#)
- CAMH (Centre for Addiction and Mental Health) - [dealing with stress and anxiety](#);
- Child Mind – resources for parents on [supporting your family during COVID-19](#); and
- WHO – [coping with stress](#) and [helping children cope with stress](#)
- WHO – Mental Health & psychosocial considerations during COVID-19
- CDC – managing anxiety and stress
- The [Ottawa-Carleton District School Board](#) has a page with excellent links to Mental Health resources, including how to talk to your child about COVID-19, managing anxiety and a kids help phone number.
- Conference Board of Canada - [Insulating for Isolation](#)
- There are some great [Mental Health videos](#) from the Conference Board of Canada to listen to, presented by Dr. Bill Howatt, Chief of Research, Workplace Productivity. There are 14 videos in total, approximately 8 minutes each, on the following topics:
 - BOND in your relationships during COVID-19 (April 2, 2020)
 - GET gratitude (April 1, 2020)
 - Lowering anxiety if you develop symptoms (March 31, 2020)
 - NEW beginnings (March 30, 2020)
 - Charging your battery (March 27, 2020)
 - Managing anxiety and social isolation (March 26, 2020)
 - Job Loss (March 25, 2020)
 - SELF: Self-compassion, empathy, love and fun (March 24, 2020)
 - PURE: Purpose, urgent, respect and energy (March 23, 2020)
 - Dealing with isolation and COVID-19 (March 20, 2020)
 - Coping in the age of social distancing (March 19, 2020)
 - Calm and COVID-19 (March 18, 2020)
 - Fear and COVID-19 (March 17, 2020)
 - Mental health and COVID-19 (March 16, 2020)

CREA COVID-19 Wellness Reference Guide



NUTRITION

- [9 Healthy snacks for remote workers](#)
- [Nutrition for remote workers](#)
- [Mental Health and Nutrition](#)
- [10 Best Foods \(and 5 worst\) for Your Mental Health and Wellness](#)

FITNESS RESOURCES

- [At Home Workouts](#)
- [Exercises you can do at your desk](#)
- [Top 25 at home Exercises](#)
- [Desk Stretches](#)
- [Yoga with Adriene – Free Yoga Videos](#)

ACTIVITIES FOR CHILDREN

- [Scholastic Learn at Home Program](#)
- [113 Fun Activities to do at home with kids while self-isolating](#)
- [List of Education companies offering free subscriptions](#)
- [Things to do when kids say “I’m bored”](#)
- [The Secret to Keeping Your Kids Happy, Busy and Learning](#)
- [Audibles has unlocked their children and teen books](#)
- [Canadian virtual museum tours](#)
- [12 Famous Museums offering virtual tours](#)

RESOURCES FOR WORKING REMOTELY

LinkedIn courses that have been unlocked for CREA. There are 16 courses in total. You do not need to have a LinkedIn account to access these courses:

A few great ones to start:

- [Working Remotely](#) – 1 hr
- [Time Management: Working from Home](#) – 1 hr 25 min
- [Productivity Tips: Finding Your Productive Mindset](#) – 59 min
- [Leading at a Distance](#) – 36 min
- [Managing Stress for Positive Change](#) – 57 min

You can see all 16 of the unlocked remote work courses here: [Remote Working: Setting Yourself and Your Teams Up for Success](#).