

Wired to Thrive: Resource Page

WELLNESS TOGETHER Canada

of resources. The Take 5 mindfulness resources are available through MindWell U via Wellness Together Canada.

Wellness Together Canada is a federal government initiative that provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals for all Canadians. Visit <https://ca.portal.gs/> to access the broad range



Get support. Take control. Feel better.

Togetherall is a safe, anonymous online community accessible 24/7 with trained professionals available at all times. It harnesses the effects of connectedness and healthy social networks in its unique community where people share with, and support each other.

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



The Canadian Mental Health Association (Alberta Division: <https://alberta.cmha.ca/>) connects Albertans to supports:

BounceBack® is a free program designed to help you manage low mood, mild to moderate depression, anxiety, stress or worry. Working a trained coach, BounceBack® can help you build skills to improve your mental health.

<https://bounceback.cmha.ca/welcome/>

Caregivers Connections: Parents and caregivers often wonder how best to parent and provide support for a child who is coping with a mental health problem. Families impacted by a mental health concern or diagnosis can find it particularly difficult to get the help they need. <https://alberta.cmha.ca/documents/caregiver-connections-family-peer-support/>

Alberta Recovery College: Mental health. It wasn't a class at school. So where can adults in Canada go to learn about mental health and well-being? The answer is CHMA "recovery colleges." Courses range from Stress Management to Calming Fear and Anxiety. <https://alberta.cmha.ca/alberta-recovery-colleges/>



Mygrief.ca (<https://mygrief.ca/>) provides excellent resources for those who are dealing with loss. This website also has a series of educational modules to support healthcare workers who are dealing with grief.



BARRETT VALUES CENTRE

Barrett Values Centre Find out what is important to you by taking a Personal Values Assessment. Who you are, what you hold dear, what upsets you, and what underlies your decisions, are all connected to your personal values. To complete a free values assessment go to: <https://www.valuescentre.com/tools-assessments/pva/>.



VIA Institute on Character: Get to know your greatest strengths through the VIA Character Strengths Survey. It is the only free, scientific survey of character strengths in the world. Go to

<https://www.viacharacter.org/survey/account/register> to take a simple, 15 minute character test and discover your greatest strengths. Research shows that knowing and using your character strengths can help you: improve well-being; find meaning and purpose; boost relationships, accomplish goals and manage stress and health.

Emotional Agility

Author, Susan David, *Emotional Agility* (2016, Avery)

Website: www.susandavid.com

Ted Talk: The Gift and Power of Emotional Courage, TEDWomen (2017)

https://www.ted.com/talks/susan_david_the_gift_and_power_of_emotional_courage

Podcast: Do you Need More Emotional Agility? (MPPW #102) Michelle McQuaid, PhD.

<https://www.michellemcquaid.com/podcast/need-emotional-agility-podcast-susan-david/>

Get Your Life Back: Everyday Practices for a World Gone Mad

Author John Eldredge. Nelson Books (2020) Website: www.wildatheart.org

Podcast: (40 minutes) Ransomed Heart, by John Eldredge:

<https://wildatheart.org/podcast/benevolent-detachment> Mini-podcast: (10 minutes) Self-

Care and Soul Care for the Caregiver, by Sandra Peoples. Let It Go: The Practice of

Benevolent Detachment [http://www.sandrapeoples.com/let-it-go-the-practice-of-](http://www.sandrapeoples.com/let-it-go-the-practice-of-benevolent-detachment-ep-42/)

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Resilience: The Science of Mastering Life's Greatest Challenges

Authors: Steven M. Southwick, Dennis S. Charney. Cambridge University Press (2nd edition, 2018). This inspiring book identifies ten key ways to weather and bounce back from stress and trauma. Incorporating the latest scientific research and dozens of

interviews with trauma survivors, it provides a practical guide to building emotional, mental and physical resilience. For a book summary titled 'Rx for Resilience,' visit:

<https://icahn.mssm.edu/files/ISMMS/Assets/Files/Resilience-Prescription-Promotion.pdf>

Additional References:

- Does the perception that stress affects health matter? The association with health and mortality. <https://www.ncbi.nlm.nih.gov/pubmed/22201278>
- Mind over matter: Reappraising arousal improves cardiovascular and cognitive responses to stress. <https://dash.harvard.edu/handle/1/33461091>
- Giving to Others and the Association Between Stress and Mortality: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3780662/>
- Putting Feelings Into Words Affect Labeling Disrupts Amygdala Activity in Response to Affective Stimuli <https://pubmed.ncbi.nlm.nih.gov/17576282/>

Tools to Take 5



Use these tools in sequence or separately.
Use them quickly ~5 seconds, or more deeply ~5 minutes



Notice the CUE
Choose a cue in your daily life that reminds you to **Take 5**. Your cue can be anything: having a drink of coffee or water, seeing a specific person, sitting down at your desk. When you notice your cue, you flip the switch from mindless to mindful.

Notice the NEW
Focus on something you weren't paying attention to a moment ago. Bring your attention out of autopilot and into your senses. Become aware of sound, taste, touch, smell or sight.

Notice your BODY
Sitting or standing, bring awareness to your posture. Press into your feet, seat and hands while you lift and lengthen up the spine, roll back your shoulders and align your ears over your shoulders.

Notice your BREATH
Begin with one complete breath, noticing the breath at the Belly, Chest or Nose. Lengthen and deepen the breath so each inhale and exhale is about 5 seconds. Now, take 5 breaths this way.

Notice the NOW
Respond to what is present in your current situation and internal experiences (thoughts, emotions, body sensations) with a sense of openness, patience, and non-judgment. Now you are ready to take a wise step forward.

Training

Live Classes

Library

TAKE 5

STUDIO
BE

THE WELL

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Wellness Together Canada presents

MINDWELL FOR
HEALTHCARE WORKERS

CALM
CAPABLE
CONFIDENT



Mindwell for Healthcare Workers is designed by healthcare workers for healthcare workers. It is available at no cost for all healthcare workers through [Wellness Together Canada](https://www.wellnesstogether.ca).
[Click to learn more.](#) [Register here.](#)