

You Care For Our Community...

So Please Remember to Take Care of YOU!

Thank you for the work you are doing to support our community during this unprecedented time.

It's important to take care of yourself too! Here are some tips to help your resiliency at work during the COVID-19 pandemic.



Practice Self-care

Take a break, take a deep breath, close your eyes and picture something that makes you smile.



Sustain Physical Energy

Take the stairs, go for a walk on your break, fuel up with nutritious snacks and when your shift is over, go home and rest.



Maintain Perspective

Get your facts from reputable sources, find something to be grateful for, and recognize the efforts and contribution of others.



Embrace Empathy

Take stock of your own emotional state and pay attention to the emotions of others. Be kind to yourself and others, these are challenging days.



Enhance Connectedness

(But, Don't Forget Physical Distancing!)

We are all in this together! Smile at someone you may not know well, buy a coffee or tea for a colleague or send a text to a friend to check in on them.



Live With Purpose And Values

Recognize the critical role you are playing, and know that you are highly valued!

**If you have any questions or need support contact:
EmployeeHealthSafetyWellness@thp.ca**