



SAFETY TALK

WELLNESS FOR FAMILIES DURING AN OUTBREAK

It is normal and appropriate to notice more stress or anxiety when an outbreak is announced. As healthcare workers, we feel the pressure to continue to deliver necessary services and protect vulnerable patients in the midst of uncertainty. Our feelings and concerns matter and it is more important than ever to take care of ourselves and our families. This week's safety talk includes some strategies, resources and supports to encourage wellness at home.

FOR ALL EMPLOYEES:

- Stay informed, but limit your exposure to media coverage about Covid-19. Look for sources that stick to the facts and notice when you need a break. Set timers to avoid endless scrolling on social media.
- Stay connected to friends and family. When gathering inside isn't recommended, consider outdoor activities like hiking. Make use of phone calls and video chat to keep in touch with loved ones.
- Acknowledge the things that are out of your control and make the conscious decision to let them go. You can google the "Worry Decision Tree" for a step-by-step guide.

Supports

[Employee Assistance Program](#)
1-800-239-3826

[Island Helpline](#)
1-800-218-2885

[Canadian Mental Health Association PEI Branch](#)
(902) 566-3034

[Kids Help Phone \(Phone, text or Online Chat\)](#)
1-800-668-6868

Resources

Health PEI Staff Resource Centre
<https://src.healthpei.ca/resources-your-well-being>

Covid-19 for Kids Activity Book
[https://www.princeedwardisland.ca/sites/default/files/publications/covid-19 for kids activity book.pdf](https://www.princeedwardisland.ca/sites/default/files/publications/covid-19%20for%20kids%20activity%20book.pdf)

Child Mind Institute
<https://childmind.org/topics/covid-kids-mental-health-challenges/>

For Parents:

- Take time to talk to your kids about what is going on. Whether they have said anything to you, they probably have some questions or concerns. Make sure to consider your own feelings first and take time to regulate your emotions
- Recognize apprehension about returning to school or other activities. Listen to their feelings and help them understand steps that have been taken to keep them safe

Safety is everyone's responsibility!

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

WHAT ARE SOME HEALTHY WAYS TO MANAGE STRESS AND ANXIETY FOR YOURSELF AND YOUR FAMILY?

HOW ARE WE SUPPORTING EACH OTHER AS A TEAM DURING THE PANDEMIC?

HAVE YOU EVER ACCESSED ANY OF THE RESOURCES ON THE STAFF RESOURCE CENTRE?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org.

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>