

# Resilience Resources

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Module 5

Where to find resilience resources for RPNs

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# What resources are available?

In this module we will provide you with access to resilience resources supporting your:

- **Physical Health**
- **Mental Health and**
- **Emotional Health**

# Physical Health Supports

## Self-Care Modules

- **Nutrition**
- **Exercise**
- **Sleep**



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# Physical Health Supports

## Nutrition Resources

- [Easy Ways to drink More Water Every Day](#): Adequate water intake is essential for good health. This resource provides different ways to drink more water.
- Self-Care for Nurses App Reviews: An overview of apps, reviewed and tested by RPNs. we suggest trying a few to determine your individual preference.
- [Canada Food Guide](#): A government of Canada resource to help individuals improve their nutrition, eating habits, and awareness.

# Physical Health Supports

## Exercise Resources

- Three basic stretching videos to maintain better physical health:
- [Glute Bridges](#): A stretching video focused on gluteal stretching and core.
- [Mcgill Crunch](#): A stretching video focused on the lower back.
- [Bretzel Stretch](#): A stretching video focused on stretching your thoracic spine.
  
- [\*\*\*Guide to Menstrual Cycles & Mental Health\*\*\*](#) : A guide on menstrual cycles.

# Physical Health Supports

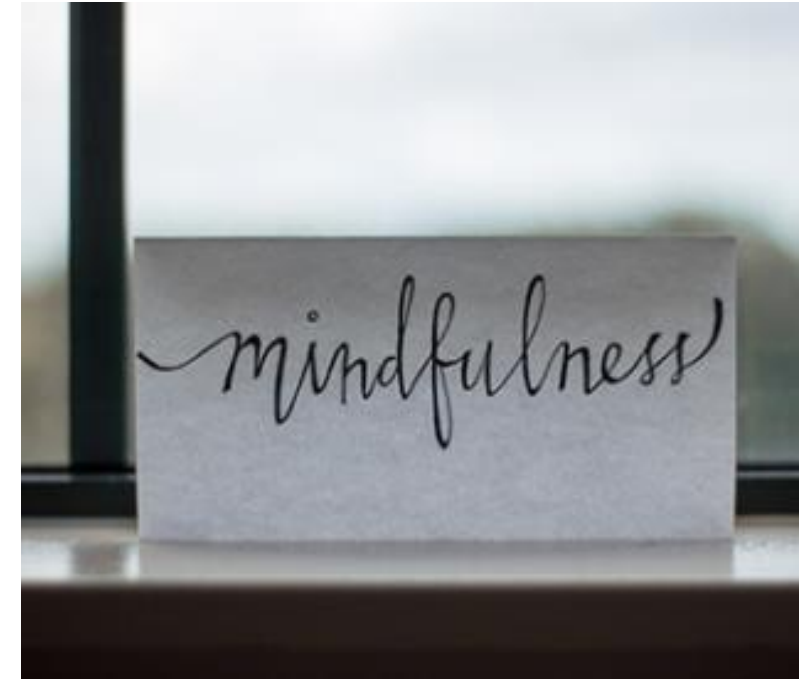
## Sleep Resources

- [How Many Hours of Sleep Do You Need?](#): An overview of the recommended hours of sleep based on age category.
- [Tips to Sleep Better at Night](#): A great resource for better sleep, when having difficulty falling asleep.
- [Shift Work and Sleep](#): An overview of how shift work can affect sleep patterns.

# Mental Health Supports

## Self-Care Modules

- **Stress & Coping**
- **Mindfulness**
- **Resilience**
- **Anxiety**



# Mental Health Supports

## Stress & Coping

- [Nurse 2 Nurse Peer support](#) - Nurses use their past mental health experiences to empower and educate others.
- **Peer and Clinical Support** - Health care workers impacted by COVID-19 can participate in online session with peers and learn to build resilience and maintain wellness through lectures and discussions.
- [ECHO Coping with COVID](#), which is designed for health care providers and doctors responding to the COVID-19 pandemic (meets twice per week)
- [ECHO Care of the Elderly for LTC](#): COVID-19, for those working in long-term care settings (meets once a week)
- [Ontario Shores Centre for Mental Health Sciences, Whitby](#) (in English only)
- [Joseph's Healthcare, Hamilton](#) (in English only)
- [The Royal Ottawa Mental Health Centre, Ottawa](#)
- [Waypoint Centre for Mental Health Care, Penetanguishene](#)

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# Mental Health Supports

## Stress & Coping

- [Canadian Association of Mental Health \(CAMH\) – Mental Health and COVID-19](#) : Resources for health care workers during COVID-19
- [ConnexOntario](#): Provides free and confidential service for those experiencing addiction, as well mental health issues. Also has online tools and apps.
- [Nurses' Health Program](#): A program established to help nurses struggling with substance use and/or mental illness.
- [Government of Ontario- Mental Health, Wellness and Addiction Support](#)
- [Togetherall](#): An online service helping those with anxiety, depression, and other mental health issues
- Ontario Mental Healthline: The Mental Health Helpline provides free information on mental health services in Ontario. 1-(866)-531-2600
- [BounceBack](#): A free cognitive behavioural therapy (CBT) program that offers guided mental health and self-help supports for adults and youth 15 and older. 1-866-345-0224

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# Mental Health Supports

## Stress & Coping

- [Canadian Mental Health Association \(CMHA\)](#): Mental Health Helpline at 1-866-531-2600
- National Suicide & Crisis Lines: 1-(833)-456-4566 – Callers from anywhere in Canada can access crisis support via phone, text or chat.
- [Toronto Distress Centres](#): The 24/7 help line is staffed all year around to help callers experiencing emotional distress, marginalization, social isolation, as well as those that may require crisis intervention and suicide/family violence intervention services
- [Canada Suicide Prevention Service \(CSPS\)](#): This help-line enables callers anywhere from Canada to access crisis support via text, phone, or chat
- First Nations & Inuit Hope for Wellness: 24/7 Help Line for those thinking self-harm and suicide- 1 (855) 242-3310
- **Internet Cognitive Behavior Therapy (iCBT)** - iCBT is a practical, short-term program delivered online. It helps people develop skills and strategies to address symptoms of mild to moderate anxiety and/or depression. To learn more and get services, contact either: [MindBeacon](#) or [AbilitiCBT by Morneau Shepell](#)

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# Mental Health Supports

## Stress & Coping

- [eMentalHealth](#): Community supports with services that may be available to assist with stress.
- [A downloadable PDF with tips to reduce stress.](#)
- [An overview of the impact of stress on your diet.](#)
- [Learn how to do a Stress Assess, to evaluate your stress.](#)
- CAMH: [Coping with stress and anxiety for health-care workers](#)
- CAMH: [Dealing with isolation during COVID-19](#)

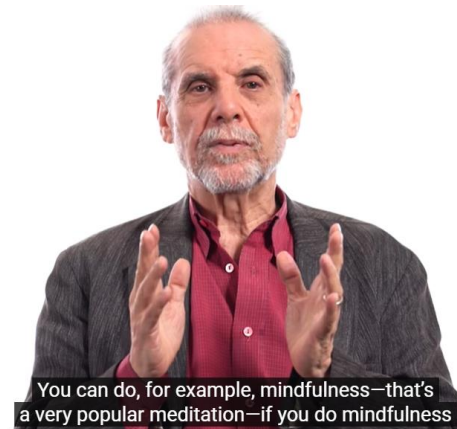
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# Mental Health Supports

## Mindfulness

- [Centre for Addiction and Mental Health](#): A downloadable PDF that outlines community mindfulness programs that are available in Ontario.
- [Mindfulness Toronto](#): An organization which connects mindfulness-based professionals, and contains direct links to mindfulness courses and programs.
- [Government of Canada](#): Resources to support mental health and resilience provided by the Government of Canada Public Health Services.
- **Train Your Brain: Mindfulness Meditation for Anxiety, Depression, ADD and PTSD | Daniel Goleman**  
<https://youtu.be/NEMUDaLMWJ8>



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# Mental Health Supports

## Resilience

- [eMentalHealth](#): Community supports that may be available for developing resiliency.
- **Mental Health in the Workplace**
- [Mental health in the workplace](#): Learn how Ontario regulates psychological injuries in the workplace as well understand your workplace rights and responsibilities.
- [ThinkMentalHealth.ca](#): A joint effort from Ontario health and safety system partners to provide workplaces with the resources to better understand and prevent mental health problems.
- **Resources for Children and Families**
- [Kids Help Phone](#): Support for for children and youth under 18 – 1- 800-668-6868
- [Good2Talk help](#) line offers 24/7 free, confidential mental health support service providing professional counseling and information as well as referrals for mental health, addictions and wellbeing to postsecondary students in Ontario. 1-866-925-5454

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# Mental Health Supports

## Anxiety

- Anxiety Canada: [Coping with COVID-19](#)
- [Anxiety Resources](#)
- [Mood Disorders Society of Canada](#): Offers, resources, programs help, tools and support for Canadians dealing with mental health.

# Emotional Health Supports

## Self-Care Modules

- **Self-Awareness, Self Management, and Motivation**
- **Empathy and Social Skills**
- **Additional Resources**



# Emotional Health Supports

## Self-Awareness/Management/Motivation

- [Centre for Addiction and Mental Health](#): A downloadable PDF that outlines community mindfulness programs that are available in Ontario.
- [Mindfulness Toronto](#): An organization which connects mindfulness-based professionals, and contains direct links to mindfulness courses and programs
- [Happify App](#): An app. that aims to help overcome stress and negative thoughts to help build resilience. Click here to read a review from an RPN's perspective.
- [Heart & Stroke Foundation](#): Coping With Stress handbook

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# Emotional Health Supports

## Empathy & Social Skills

- [Video](#): Nursing Scholar, Brené Brown on Empathy
- [TEDTalk](#): “10 Ways to Have Better Conversation” by Celeste Headlee

# Emotional Health Supports

## Additional Resources

- [Nurses' Health Program](#): A program established to help nurses struggling with substance use and/or mental illness
- [Anxiety Canada](#): An organization increasing awareness about anxiety disorders and improving access to proven resources
- [Government of Canada](#): Resources to support mental health and resilience provided by the Government of Canada Public Health Services

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