

# Tactics for maintaining Mental Fitness during the COVID-19 Pandemic: Engaging in our Environment

Dr. Bill Howatt

President, Howatt HR  
Chief Research Workforce Productivity,  
Conference Board of Canada

Jesse Adams, MSc

Chief Learning Officer, Howatt HR

*Please note that once registered for one webinar, you will be automatically registered for future webinars in our weekly series.*



# Agenda

**1**

**Refresher: Charging our Battery**

**2**

**Micro-skill of the Day: Engaging in our Environment**

**3**

**Actions for today**

**1**

**Refresher: Charging our Battery**

**2**

**Micro-skill of the Day: Engaging in our Environment**

**3**

**Actions for today**



Recall, we are like batteries and each day we may start at a different level of charge



=



**Charged**



**Charging**



**Half-full**



**Drained**



**Empty**



# Resilience is built through joint responsibility

## Employer Actions

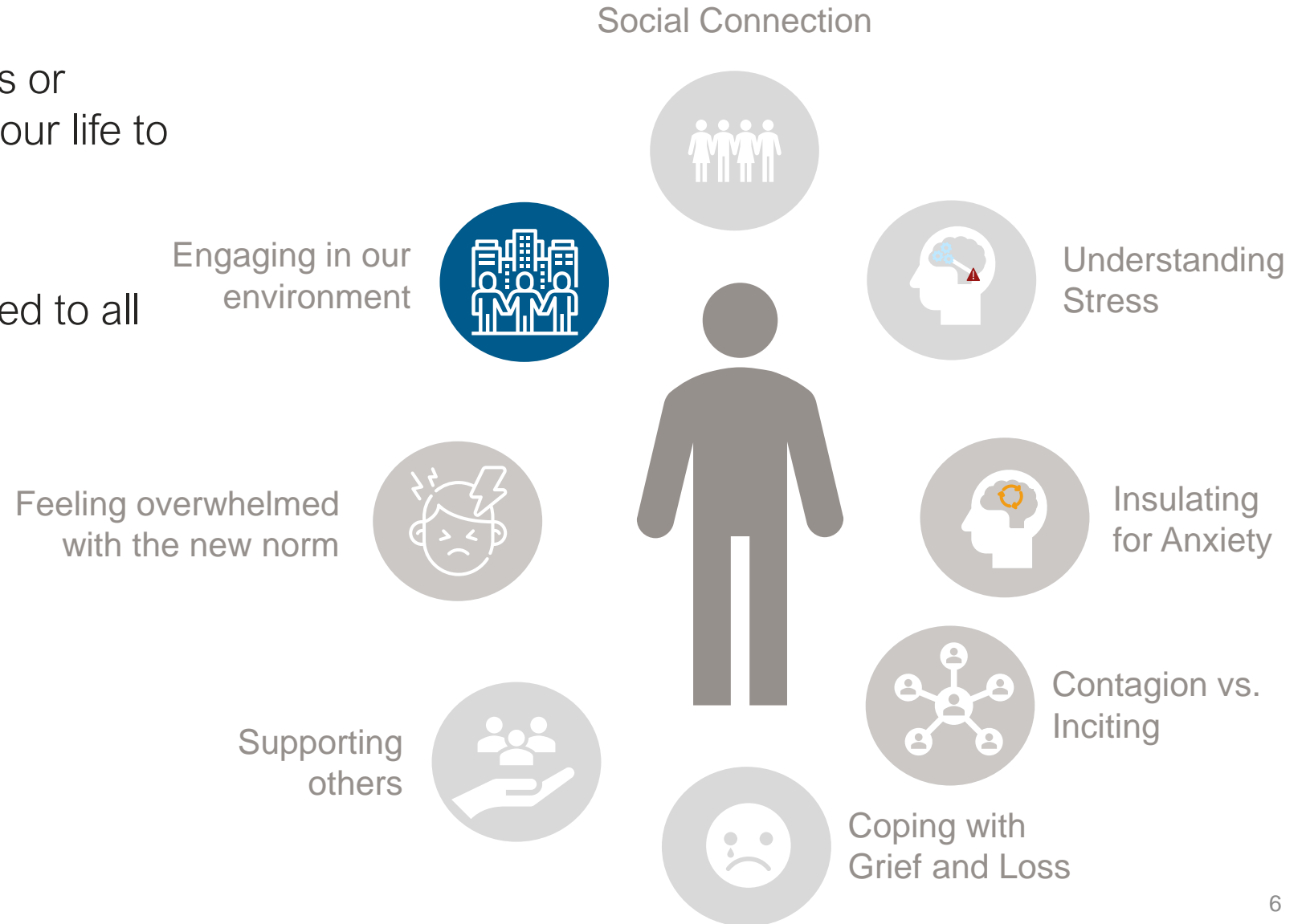
+

## Employee Actions

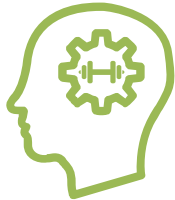


# Maintaining Mental Fitness: Micro-skills

- Micro-skills are small behaviours or cognitive skills you can add to your life to support mental fitness
- They are skills that can be applied to all areas of your life:
  - Physical
  - Mental health
  - Personal life
  - Work experience



# Justin's Mental Fitness Plan



	Mental Fitness	Physical Health	Social Connection
<b>Daily</b>	<ul style="list-style-type: none"> <li>• Family</li> <li>• Reading</li> <li>• Evening Walk</li> </ul>	<ul style="list-style-type: none"> <li>• Intense Run</li> <li>• Sleep Routine</li> <li>• Healthy Diet</li> </ul>	<ul style="list-style-type: none"> <li>• Connect with family and friends virtually</li> <li>• Daily check-in with spouse</li> <li>• Frequent check-in with staff</li> </ul>
<b>When needed</b>	<ul style="list-style-type: none"> <li>• Meditation</li> </ul>	<ul style="list-style-type: none"> <li>• Physiotherapy</li> </ul>	<ul style="list-style-type: none"> <li>• Golf while social distancing</li> </ul>
<b>Foundation: Environment</b>			

How would you rank on a scale of 1-10 each of the following factors?

- Psychological safety
- Physical safety
- Food security
- Job security
- Financial security
- Housing security

**1**

**Refresher: Charging our Battery**

**2**

**Micro-skill of the Day: Engaging in our Environment**

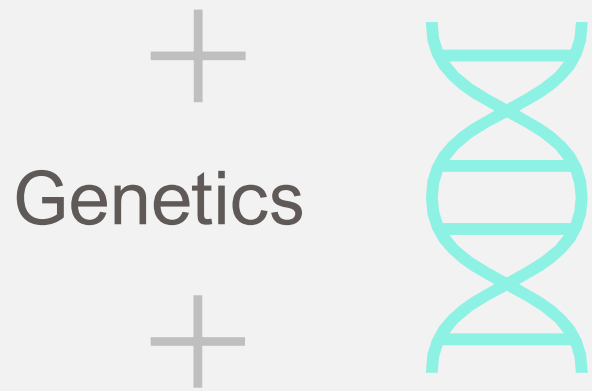
**3**

**Actions for today**





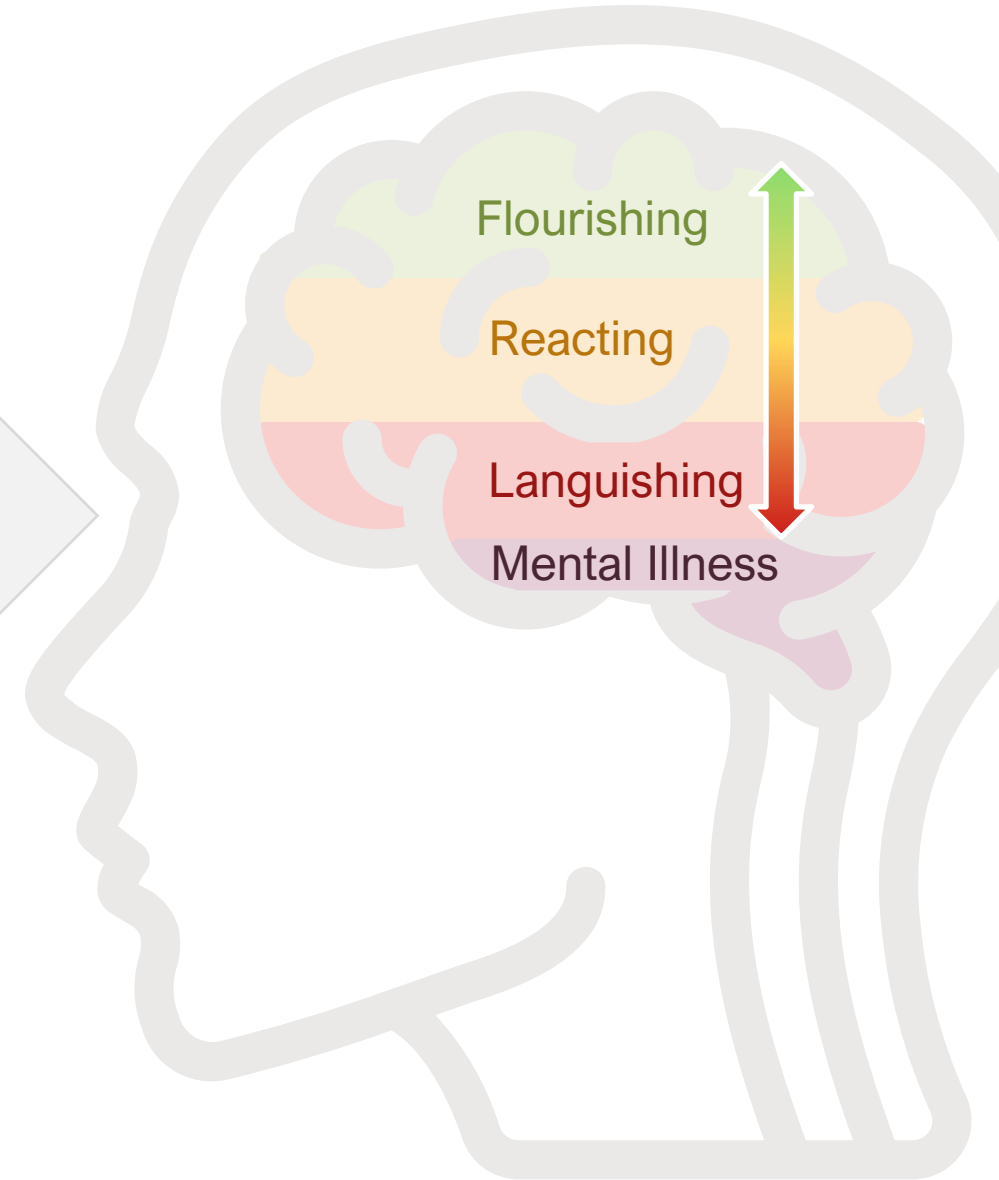
# Mental Health 101



Environment



## Mental Health



# The Social Determinants of Health

- Mental health can be influenced by many factors including our life experiences, workplace or other environments and our social economic conditions.
- Research has shown these factors can be more important than health care or lifestyle choices on mental health.



# What are the Social Determinants of Health in Canada



# The Social Determinants of Health

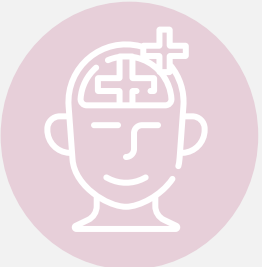
- The three most impactful social determinants are:
  - **Freedom** from discrimination and violence
  - Social **inclusion**
  - **Access** to economic resources

Different people and communities are impacted by all determinants differently... this can lead to health inequities.

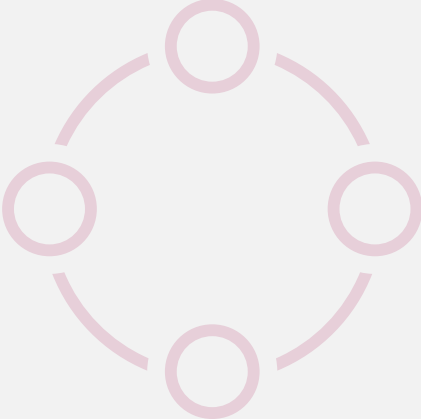
# What does this mean for your mental health at work?



Policies



Training and education



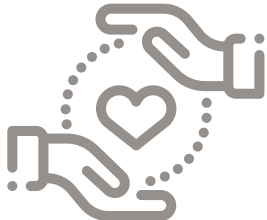
Social connections



Support options



Anti-discrimination and violence



Social Inclusion



Economic equity

**1**

**Refresher: Charging our Battery**

**2**

**Micro-skill of the Day: Engaging in our Environment**

**3**

**Actions for today**



# 4 micro-skills for engaging with your environment



**Life**  
check-up



**See** something  
**Say** something



**Self-care**  
basics



**Know** your  
community resources

## Reflection for today

---

- What resources are available to you in your community?
- What is one way you can get involved in your community?
- Share your reflection on social media using the hashtag:
  - #MYMF
  - #MYMFPLAN
  - #MFSTRONG





# Next Weeks Webinar

- When: Tuesday June 16, 2020
- What time: 12 pm est
- How to find it: [www.maintainingmentalfitness.com](http://www.maintainingmentalfitness.com)
- Micro-skill: Mindful Hydration



*Please note that once registered for one webinar, you will be automatically registered for future webinars in our weekly series.*

# Question Period

[www.maintainingmentalfitness.com](http://www.maintainingmentalfitness.com)

Sponsored by



ALBERTA URBAN MUNICIPALITIES ASSOCIATION

