

Thriving Through COVID Lifelines

Wellness and stress management resources through the Pandemic and beyond.

Stress Management

Many people find that following guided meditations can significantly reduce stress and provide an entry into the world of meditation. Some fantastic guided mindfulness and self-compassion meditations:

Mindfulness meditations in the time of COVID-19 by psychologist Dr. Tara Brach - <https://www.tarabrach.com/pandemic/>

Mindfulness, Grounding and Regulation Strategies by Morgan Lee Snow (RCC) - <https://www.morganleesnow.ca/mindfulness-and-grounding>

Self-compassion meditations by psychologist Dr. Kirsten Neff - <https://self-compassion.org/category/exercises/#guided-meditations>

There are a variety of apps available for stress and anxiety management. Here are a few we recommend:

Smiling Mind is a not-for-profit app with many features including meditations for sleep, digital detox and stress management - <https://www.smilingmind.com.au>

Grounded in research, The UCLA Mindful app approaches mindfulness from a scientific perspective, offering meditations in English and Spanish, with bonus podcasts - <https://www.uclahealth.org/ucla-mindful>

Insight Timer boasts a large library of meditations, yoga classes, and solutions for challenges with sleep - <https://insighttimer.com>

Online courses are a great way to create change through a more in-depth approach to self-help. Here is a link to The Embodied Way Through Anxiety, a wonderful new course from one of your Thriving Through COVID group leaders, Morgan Lee Snow. Use discount code 'Healthcare25' for attendees of our workshops - <https://www.morganleesnow.ca/the-embodied-way-through-anxiety>

Local Wellness

South Health Campus and YMCA Wellness Centre in Calgary provides integrated wellness services with an array of virtual programming including cooking, financial management and support groups.

Main site - <https://www.albertahealthservices.ca/shc/Page14846.aspx>

Program Guide - <https://www.albertahealthservices.ca/assets/hospitals/shc/shc-wellness-centre-virtual-program-guide.pdf>

The Wellness Studio is a multidisciplinary team of massage therapists, chiropractors and acupuncturists offering care for individuals and families, located in Calgary North West - <https://thewellnessstudio.ca/>

The Mustard Seed Wellness Centre coordinates with over six hundred agencies across Calgary to provide advocacy, mental health and indigenous counselling, occupational therapy and addictions services among many others - <https://theseed.ca/services/wellness-centre>

COVID-19 Resources

Alberta Health Services COVID-19 Mental Health Resources guide - <https://www.albertahealthservices.ca/topics/page17311.aspx>

Mental Health Commission of Canada "The Working Mind" COVID-19 Self-care and Resilience Guide - <https://theworkingmind.ca/blog/working-mind-covid-19-self-care-resilience-guide>

"Tolerance for Uncertainty: A COVID-19 Workbook" by Dr. Sachiko Nagasawa, www.baypsychology.ca

<https://documentcloud.adobe.com/link/track?uri=urn%3Aaaid%3Ascds%3AUS%3A7c4f2897-15e1-434a-a438-43e3d648fb53#pageNum=1>

Canada's response to Covid-19 page - <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/canadas-reponse.html#sca>

A guide to living with a partner during the pandemic - <https://peak-resilience.com/blog/living-with-the-partner-during-the-pandemic>

Local and affordable counselling services

Psychology Today offers an online database of counsellors and other highly qualified helping professionals in the Calgary area. (See below for understanding helper designations) - <https://www.psychologytoday.com/ca/therapists/ab/calgary>

Counselling can be expensive. Fortunately, many therapists offer sliding scale rates, depending on your financial situation. Ask your chosen professional about their sliding scale options or check this list of affordable counselling services in Calgary - <https://www.avenuecalgary.com/city-life/affordable-counselling-services-in-calgary/>

Understanding helper designations

Mental health professionals come with a wide variety of clinical designations, education and experience. Even among Master's and Doctoral-level helpers, there are many kinds of designations, which can be a bit overwhelming. Below is a list of the kinds of qualified professionals you will find in Alberta and links to the regulatory bodies to which they belong.

Registered Psychotherapists through the Association of Counselling Therapy of Alberta <https://www.acta-alberta.ca/counselling-therapy>

Registered Professional Counsellors (RPC) through the Canadian Professional Counselling Association - <https://www.cPCA-rPC.ca/who-we-are~.aspx>

Canadian Certified Counsellors (CCC) through the Canadian Counselling and Psychotherapy Association - <https://www.cCPA-accP.ca/membership/certification/>

Registered psychologists (RPsych) through the College of Alberta Psychologists - <https://www.cAP.ab.ca/about/psychology>

Registered Clinical Social Workers (RCSW/ACSW) through the Alberta College of Social Workers (ACSW) <https://www.acsw.ab.ca/>

Alberta Health Professions Act - <https://www.qP.alberta.ca/documents/Acts/h07.pdf>

Further Reading

Books by Dan Siegel - <https://drdansiegel.com/books/>

Books by Brené Brown – <https://brenebrown.com/books-audio>

Books by Pema Chödrön - <https://pemachodronfoundation.org/product-category/books/>

Books by Gabor Maté - <https://drgabormate.com/book/>

Books by Jon Kabat-Zinn - https://www.goodreads.com/author/list/8750.Jon_Kabat_Zinn