

Self-Care in Disaster Times & Beyond Toolkit

Additional Wellness Resources & Strategies

Click on the resource name to access the related website.

Breathing & Grounding Exercises

- [Mindfulness Scotland - Audio Practices](#)
- [Box Breathing Technique \(Adults\)](#)
- [Do As One - Breathing & Meditation](#)
- [Just Breathe - Mindful Breathing \(Children & Adults\)](#)

Educational Videos (Self-care, mutual and self-compassion - both general and during disaster, emergency and stressful events)

- [TEND Academy Videos](#)

Indigenous Wellness

- [First Nations Perspective on Health & Wellness](#)
- [Indigenous Mental Wellness Continuum Framework](#)

LGBTQ2SIA Wellness

- [Self-Care Resources for Trans and Non-Binary Folks | LGBTQ+ Resources Center | George Mason University](#)
- [Lesbian, Gay, Bisexual, Trans & Queer identified People and Mental Health](#)

Women's Mental Health & Wellness

- [Mental Health Commission of Canada - Women's Mental Health](#)
- [Office on Women's Health - Mental Health \(U.S.\)](#)

Men's Mental Health & Wellness

- [Centre for Suicide Prevention - Tough Enough to Talk about it](#)
- [Men's Mental Health Promotion Interventions: A Scoping Review](#)

Health Promotion & Disabilities

- [Public Health Agency of Canada - People Living with Disabilities & Mental Health](#)
- [CDC - Health Promotion, Wellness & Disabilities](#)

Newcomers to Canada

- [Ottawa Newcomer Health Centre: Self-care Tips for Newcomers in 2021](#)
- [Self-Help Guide for Single Newcomers \(Available in 15 languages\)](#)

For questions or further information, email:
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For More Self-Care Information and Learning

- [Psychosocial Disaster Learning Series: Online Self-care Module](#)
- [Wellness Together Canada - Wellness & Crisis Supports](#)
- [Center for Addiction & Mental Health: In the Moment Self-Care for Healthcare Providers](#)
- [Wellness Calendars](#)
- [Beyond Blue \(Australia\)](#)
- [CMHA BC - Social Inclusion: The Key Determinant of Mental Wellness](#)



Your opinion matters.
To tell us what you think of this resource, go to:
<https://survey.albertahealthservices.ca/selfcare>