

MANAGING ANXIETY AROUND RETURNING TO CAMPUS

As we begin to contemplate a gradual return to campus for work, you may experience feelings of anxiety. There is nothing wrong with feeling anxious about changes and uncertain times, and you are not alone in these feelings.

A range of anxiety-related emotions and responses could include:

- Fear, worry or anxiety
- Feelings of stress or being overwhelmed
- Feelings of sadness or tearfulness
- Poor concentration, insomnia or other sleep problems
- Stomach issues, heart palpitations and other physical symptoms
- Tiredness, irritability, or low energy
- Withdrawing from colleagues or other situations involving contact with others
- Fear of public spaces and public transit

It is important that as we navigate a gradual return to campus, employees become familiar with all available resources and supports. If you are experiencing [anxiety](#) or other mental health concerns, consider using the following resources to help you cope with these emotions and changes.

LIFEWORKS EMPLOYEE AND FAMILY ASSISTANCE PROGRAM:

LifeWorks, 1-855-597-2110, offers advice, counselling, and help for all employees and their dependents. Services are offered confidentially 24/7/365. Additional tools and resources for managing anxiety, stress and other mental health concerns can be found at login.lifeworks.com.

Services offered by LifeWorks include support for the full range of issues employees or their families may be experiencing at this time. Services include counselling, coaching, online courses, and tip sheets on a range of topics such as anxiety management, stress management, and protecting your mental health.

AVAILABLE RESOURCES AND SUPPORTS:

SPEAK WITH A TRAINED PROFESSIONAL:

Counselling Coordinated by LifeWorks

Through [LifeWorks](#) 1-855-597-2110, a qualified professional will provide you with confidential help tailored to your specific situation. Services are offered confidentially 24/7/365 and may include advice, counselling, or coaching.

Individual Counselling

The Services of a Registered Psychologist or Registered Psychotherapist of your choice may be covered by [benefits for your employee group](#).

USE INTERACTIVE WELLNESS TOOLS AT YOUR OWN PACE:

Facing Your Fears

An important step in managing anxiety involves facing feared situations, places or objects. The process of facing fears is called exposure.

Stronger Minds:

Guidance from psychologists in the form of short expert Q&A videos, quick reads and resilience-building activities focused on protecting emotional well-being.

Challenging Worries and Anxious Thoughts:

Centre for Addiction and Mental Health's strategies for working through and challenging worries and anxieties.

Bounce Back:

Canadian Mental Health Association's free, guided self-help program that is effective in helping people who are experiencing mild-to-moderate anxiety or depression, or may be feeling low, stressed, worried, irritable or angry.

AbilitiCBT:

This free internet-based cognitive behavioral therapy (iCBT) program can be accessed from any device. This special program helps to address anxiety symptoms related to the uniquely challenging aspects of the pandemic.

The Working Mind - Self Care and Resilience Guide:

A tool to assess your mental health and create a self care and resilience plan.

LEARN ABOUT BUILDING RESILIENCE AND MANAGING ANXIETY WITH A COURSE:

Reducing Anxiety & Managing the Transition Back to Class (for Post-Secondary

Educators): Explore strategies for navigating the changes educators face with greater ease, while providing tips and tools to support their psychological well-being during these uncertain times.

Managing Anxiety in the Workplace: This LinkedIn Learning course with Dr. Srini Pillay, a Harvard-trained psychologist, provides resources to help you manage your anxiety and be more effective and successful at work.

Building Resilience: LinkedIn Learning course with Tatiana Kolovou, faculty member at the Kelley School of Business at Indiana University to help build resilience for when the going gets tough.

ACCESS INFORMED SUCCINCT WELLNESS MATERIALS:

Four Ways to Practice Gratitude: From neuroscientists to spiritual leaders, there is consistent evidence of the immense positive impact of gratitude on our overall health and wellness.

Deep Breathing: Follow along and practice a short deep breathing meditation.

Managing Stress After Covid-19: It's normal to have trouble managing stress after major, life-changing upheaval. The way you can manage these unavoidable stressors plays a vital role in your ability to take care of yourself and continue to move forward.

FIND A WEBSITE TO BROWSE AND CONSIDER A RANGE OF RESOURCE OPTIONS:

Support and Advice for Employees During the COVID-19 Pandemic

The University encourages faculty, staff, librarians and their families who may need additional support to reach out for help. There are a variety of services available, both internally and externally, listed on [this site developed by the Division of Human Resources and Equity](#).

Your Mental Health and the COVID-19 Pandemic

The [Centre for Addiction and Mental Health has designed a site](#) to provide information and suggestions about how best to cope in this difficult time. The site includes tips, coping strategies, and resources to manage your mental health during the COVID-19 pandemic.

Wellness Together Canada

An [online portal](#) that allows Canadians to access self-assessments, self-directed e-mental health tools, peer support and live counselling by telephone, video and text that is funded by Health Canada.

MORE ON WELLNESS:

Wellness supports and resources will continue to be provided through a variety of [tri-campus equity offices](#) as the University community gradually begins to return to campus. If you require more information on wellness support, please reach out to your manager, [Richa Chodha, Integrated Wellness Consultant](#), or your [Divisional HR Office](#).

USE INTERACTIVE WELLNESS TOOLS AT YOUR OWN PACE CONTINUED:

MindShift CBT

Is anxiety getting in the way of your life? Recommended by Anxiety Canada, MindShift™ CBT is a free app that uses scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help you learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of your anxiety.

My Anxiety Plan (MAP)

Anxiety Canada's My Anxiety Plan (MAP) is a free anxiety management program based on cognitive-behavioural therapy (CBT).

ANY ADDITIONAL CONCERNS?:

If you have any additional questions or concerns in advance of returning to campus, please inform your manager. If you require further assistance, contact your [Divisional HR Office](#).

Further concerns regarding COVID-19 and returning to campus may be answered by the [Occupational Health Nurse](#) after contacting your supervisor and [Divisional HR Office](#).

To arrange, re-establish, or modify your accommodation plan, please contact [Health and Well-being](#).