

COVID- 19 Resident Wellness Resource Guide

(Last updated April 20, 2020)

New entries highlighted in blue



RESIDENT DOCTORS
of SASKATCHEWAN

A Message from your RDoS Wellness Representatives

To our fellow residents,

Residency can be stressful at the best of times. Residency in the midst of a pandemic presents many new stressors and challenges in addition to those that we bear at baseline. I am certain that each of us have already encountered some of these hurdles at the hospital or at home. **In case no one has taken the time to say so yet, thank you for stepping up! You are all doing a fabulous job.**

As your RDoS Wellness representatives, our goal is to support you further through this time. We welcome you to take advantage of the resources offered in this guide. These are a starting point and we will be continuing to update the guide with more resources as we hear of them. We also encourage you to seek out any and all avenues of wellness that you have already established in your life. Please set aside some time daily to unplug from social media, news platforms, and email coverage of COVID-19. Furthermore, if there are areas in which you feel we could better support you, or if you have any further resources for us to add, please reach out to us via email (office@residentdoctorsk.ca) or drop us a line in the comment box at this link <https://www.surveymonkey.com/r/SS7TWRM>. You can also try to catch us in the halls of the hospital! [at a safe 2 metre distance ;)]

A special thanks to the Internal Medicine Wellness Committee for helping to compile resources!

Ben Arenson & Janell Lautermilch
RDoS Resident Wellness Representatives 2019-2020



Us alongside the awesome RDoS Board of Directors.

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Physical & Mental Wellbeing

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Access to Care

For mental health crisis or immediate issue:

2-1-1 Saskatchewan

Government of Saskatchewan listing for local crisis/suicide prevention hotlines by region in Saskatchewan, mental health & addictions, violence & abuse, etc

Call 2-1-1, Text 2-1-1, or visit the website <http://www.sk.211.ca>

For urgent or non-urgent mental health counselling:

PGME Resident Resource Office (RRO)

With COVID-19 now offering resident physicians free urgent telephone/ video counselling from a pool of psychologists within a goal of 24-48 hours from referral. The RRO also provides resources and support services for residents coping with personal and professional challenges.

Email Gayathri Manoharan: gayathri.manoharan@usask.ca

Online scheduler tool coming soon!

SMA Physician Health Program (PHP)

*Provides urgent counselling for staff and resident physicians, medical students, and their families who may be struggling with a variety of issues. **A Mental Health Response Plan from the SMA PHP in conjunction with SHA is underway. Please watch for more information on this in future updates of the Wellness Resource Guide.***

For Saskatoon and Northern regions call Brenda Senger at 306-244-2196 or 1-800-667-3781, or email: brenda.senger@sma.sk.ca

For Regina and Southern regions call Jessica Richardson at 306-359-2750

(Launched April 6, 2020)

<https://www.sma.sk.ca/programs/44/physician-health-program.html>

The Employee and Family Assistance Program (EFAP)

Provides free 24/7 confidential counselling and work-life solutions for residents and family members.

Call 306-966-4300 or toll-free at 1-844-448-7275 or visit the website

<https://wellness.usask.ca/help/efap.php> or

<http://www.3shealth.ca/our-work/employee-family-assistance-program>

Finding a General Practitioner for yourself:

[Family Doctors accepting new patients by location](#) (website)

Saskatchewan Health Region

Managing Stress & Anxiety

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Reading Material

[Mental Health and the COVID-19 Pandemic](#) (website)

Centre for Addiction and Mental Health, University of Toronto, WHO Collaboration

[Top 5 Mindfulness Tips for Health Care Professionals During the COVID-19 Pandemic](#) (blog)

Dr. Dzung Vo, BC Pediatrics Research In Mindfulness

[A clinician's guide: managing COVID-19 stress and anxiety](#) (website)

Dr. Caroline Gerin-Lajoie, CMA Joule

[5 C's of Resilience framework](#) (pdf)

Canadian Society of Physician Leaders

[PGME Resident Wellness Program](#) (website)

University of Saskatchewan

Videos/Podcasts

[self-awareness: what it is, how to harness it, and why it is such a valuable skill for effective coping during this challenging time](#) (online podcast- 12:00)

Welldoc Alberta- Hosted by Dr. Terrie Brandon, Dr. Jane Lemaire with Guest Fleur Yumol

[FACE COVID - How to Respond Effectively to the Corona Crisis](#) (youtube 5:23)

Russ Harris, Trainer of Acceptance & Commitment Therapy

[Explanation of anxiety/social contagion/maladaptive coping, 2 practices for good mental hygiene - deep breath, grounding](#) (youtube 4:37)

Dr. Jud Brewer, Neuropsychiatrist, Mindfulness Researcher

[Having trouble sleeping? Why anxiety makes sleep worse and 3 things to do](#) (youtube 6:47)

Dr. Jud Brewer, Neuropsychiatrist, Mindfulness Researcher

[Mental Health and Resilience During COVID-19](#) (online webinar 51:00)

Crisis & Trauma Resource Institute

[Antidote for COVID-19 Induced Anxiety - Longer video explaining anxiety/mindfulness practices](#) (youtube 20:34)

Dr. Jud Brewer, Neuropsychiatrist, Mindfulness Researcher

Interactive

[Mind Control: Managing Your Mental Health During COVID-19](#) (online course)

Steve Joordens, Professor, Department of Psychology, University of Toronto

[Coronavirus Discussion Forum](#) (online forum)

CAMH (COVID-19) peer-to-peer discussion forum

[ECOUCH](#) (online CBT)

From Australia - free online CBT. One of the few online resources that are evidence based (for depression/ anxiety). Interface not that friendly for cellphone use but great with computers!

[Saskatchewan Medical Association-virtual resident resilience sessions](#)

Dr. Papish and Dr. Holt from the SMA Physician Health Program are offering to provide a resiliency webinar session for your residency program upon request! This would be a 1-1.5 hour live virtual session allowing for discussion on fostering resiliency based on the needs of your resident group/program! Further details and arrangements for the session would be made directly with Dr. Papish or Dr. Holt. If your program is interested please email office@residentdoctorsk.ca , Attention: Janell or Ben along with the details of your needs, numbers, availability, and we will help arrange this for you.

[Resilient Workplace- For health care workers](#)

Government of Saskatchewan- Live local webex webinars scheduled throughout April 20- May 7

Topics include: Effective Communication in Times of Crisis, Resilience – Understanding Self and Others, Stress, Mindfulness

Guided Meditation/Mindfulness Apps

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Ten Percent Happier (iOS, Android)

App is now [Free for HCW](#) (website)

[Free Coronavirus Sanity Guide](#) (on their website)

Calm (iOS, Android)

App: pay

[Some free guided meditations including sleep, body, for kids](#) (on their website)

Insight Timer (iOS, Android)

App has many free and paid guided meditations

Headspace (iOS, Android)

App: free trial → paid

Healthcare Supply Deals

Broadway Shoe Repair -- Saskatoon business, 30% off work footwear/compression socks

<https://broadwayshoerepair.com/>

Vessi footwear -- 40% off comfortable work shoes, masks donated with purchase

<https://vessifootwear.ca/>

On Running shoes -- 50% off comfortable work shoes

Use code "HealthcareHeroes_50", must sign up for account (only requires email)

<https://www.on-running.com/en-ca/collection/giving-back>

Figs scrubs -- 25% off select styles

<https://thephysical.wearfigs.com/a-covid-19-update-from-figs/>

Crocs -- FREE pairs given out daily if you sign up in time

<https://www.crocs.com/COVID19-REQUEST.html>

Reebok -- 50% off for first responders/healthcare

https://www.reebok.ca/en/first_responders

Fitness

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General Fitness

Nike Training Club/Nike Run Club

Completely free forever! Variety of bodyweight or limited equipment workouts as well as yoga. Run club is for timing and tracking all of your runs! Workouts accessed through the App.

<https://www.nike.com/ca/ntc-app>

Centr fit (iOS/Android and website)

This is Chris Hemworth's company: focuses on movement, nutrition, and fitness at home.

[Free 6 week trial](#)

Peloton (iOS/Android and website)

You don't need a bike or treadmill. The main equipment is bodyweight +/- a yoga mat.

Workouts accessed through App (iOS, Android) or website

[Digital Membership free 90 day trial](#)

Fitness Blender (website)

[Free video-guided home fitness routines](#)

Medicine Ball Core Workout (website)

Any weight will work if you don't have a medicine ball (eg, dumbbell, your cat, etc)

<https://www.menshealth.com/fitness/a19532346/the-ultimate-medicine-ball-workout/>

Rise Strength Lab (Local Business)

Daily workouts posted to their instagram story.

<https://www.risestrengthlab.com>

F45 (Local Business)

Online membership for 15.00\$ per week.

<https://f45training.ca/stonebridgesask/home>

Local Barre (Local Business)

7-day free trial for access to digital barre classes, 9.99\$ per month after the free trial.

<https://localbarrefitness.com>

The Movement YXE (Local Business)

Online pilates via zoom with sign up through the MindBody App. Classes are free April 1-8, 2020.

<https://themovementyx.com>

The Sculpt Society (app and website)

Online dance cardio and sculpting classes. No equipment needed. Free 14 day trial.

<https://thesculptsociety.com/>

Obé Fitness (website)

Variety of online live and recorded classes. Equipment optional. Free month trial with promo code "ATHOME".

<https://www.obefitness.com/>

Yoga

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MadFit Yoga (Youtube)

[Full Body STRETCH/YOGA for STRESS & ANXIETY Relief](#) (20:55)

Yoga with Adriene (Youtube)

[Youtube channel with many excellent Yoga videos](#)

A couple of good ones to start with:

[Yoga For Complete Beginners](#) (23:44)

[Yoga For Neck, Shoulders, Upper Back](#) (10:37)

Do Yoga With Me (website)

Yoga practices for all levels

<https://www.doyogawithme.com/>

Food

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[Food safety, nutrition, and wellness during COVID-19 Guide](#) (website)

Harvard School of Public Health

[Articles on cooking and food preparation- This one is how to store Veg to keep them fresh](#)

Dieticians of Canada

Recipes

[Cooking at home in the time of coronavirus](#) (website)

Bonappetit.com, A Compendium of Recipes

[Three easy recipes to cook while in quarantine](#) (article)

The Globe and Mail

[Covid-19 tasty dishes inexperienced cooks can make with stockpiled food during isolation](#)

(website) *Straight.com*

[In praise of pantry cooking](#) (article)

National Post

[Seven free virtual cooking classes](#) (website)

Huffington Post

Restaurant Deals

[Free tall brewed coffee \(hot or iced\) until May 3](#) (website)

Starbucks

[Free medium McCafé Premium Roast Coffee or tea \(drive-thru- end date unclear\)](#) (website)

McDonalds

[30% off food \(Available on pickup orders only\)](#) (website)

Earls

[Healthcare Hero Combo for \\$12.75 \(your choice of a sandwich, salad or bowl plus a drink and cookie\)](#) (website)

Cactus Club

Grocery Pick-Up/Delivery

Save-on-Foods

<https://www.saveonfoods.com/shop-online-how-it-works/> (website)

Superstore

<https://www.pcxpress.ca/> (website)

Walmart

https://www.walmart.ca/en/customer-memo?icid=home%20page_HP_Sliver_Customer_Memo_WM (website)

Instacart

<https://www.instacart.com/> (website)

Local Restaurants and Small Businesses

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Battlefords

Things that are open!

<https://thebattlefords.thingsthatareopen.com>

La Ronge

Restaurants still open La Ronge and the Tri-Community area

<https://larongenow.com/2020/03/24/cravings-last-non-franchised-restaurant-open-in-tri-communities/>

Moose Jaw

What's cancelled and closed in Moose Jaw

<https://www.moosejawtoday.com/local-news/covid-19-whats-cancelled-and-closed-in-moose-jaw-2166976> (article with some restaurant info at the end)

Prince Albert

Updates on business adaptations, closures and delivery options in Prince Albert

<https://www.princealbertchamber.com/covid-19.html>

Saskatoon

Downtown Saskatoon

[Saskatoon restaurants open for pick up or delivery](#) (website)

Saskatoon COVID-19 Service Directory

[Restaurants and info on support and services/stores/arts, etc](#) (website)

Charlie's Seafood Market now delivering in Saskatoon

<https://charliesseafood.ca/> (website)

Bulk Cheese Warehouse -- arrange pickup or delivery (Saskatoon cheese/butcher shop!)

<https://bulkcheese.ca> (website)

Shelter brewing now delivering local Saskatoon beer, or curbside pickup

<https://www.shelterbrewing.ca/> (website)

District Brewing now delivering many local SK craft breweries -- REGINA AND SASKATOON

<https://districtbrewing.ca/products/categories/beer-spirits> (website)

Saskatchewan beers delivered to your door!

[Sask Beer Delivery](#)

Swift Current

Restaurants adapting

<https://www.swiftcurrentonline.com/local/local-restaurants-adapting-to-state-of-emergency> (article with some restaurant info)

Regina

District Brewing now delivering many local SK craft breweries -- REGINA AND SASKATOON

<https://districtbrewing.ca/products/categories/beer-spirits> (website)

List of Regina restaurants open for take-out and delivery during COVID-19

<https://www.todocanada.ca/regina-restaurants-open-for-take-out-and-delivery-during-covid-19/> (website)

Meal Kits Delivery

<https://zestykits.com/> (website)

List of local Regina food, beverage, and retail open for take-out and delivery

<https://covid19regina.com/support-local/> (website)

[Sask Beer Delivery](#)

Saskatchewan beers delivered to your door!

Arts and Culture

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If you just need some good news!

[Some Good News](#)

Reading

Books/movies/tv online

Saskatoon Public Library

[Make an online account to access](#) (website)

Ebooks, audiobooks, magazines/ news articles online

Scribd

[Free 30 day trial](#) (website)

Music

Canadian Music Live Streams

CBC

[An up-to-date list of Canadian live streams to watch during COVID-19](#) (website)

Face-to-face social networking

House Party

[House Party](#) (App and website)

Virtual Concerts and Live Streams

<https://www.billboard.com/articles/columns/pop/9335531/coronavirus-quarantine-music-events-online-streams> (website)

Colouring

Free Colouring Pages

Artist Christi Belcourt

[Add her on Facebook](#) (website)

Vuelo Arts

[Add them on facebook](#) (website)

Museums

Free Virtual Museum Tours

Arts and Culture Google

[Listing of 2500+ museums around the world](#) (website)

Games

Play Settler of Catan online with friends

<https://www.catan.com/game/catan-universe#> (website)

HQ Trivia

Live nightly trivia

<https://apps.apple.com/us/app/hq-trivia-words/id1232278996> (app)

Play Mario-Kart online with friends

<https://apps.apple.com/us/app/mario-kart-tour/id1293634699> (app)

Geocaching in Saskatchewan

<https://swf.sk.ca/programs/geocaching/> (website)

Miscellaneous

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[Saskatoon info on support and services/stores/arts, etc](#) (website)

Covid Support YXE

[COVID Communication Skills](#) (pdf)

VitalTalk (a non-profit focused on communication skills for clinicians)

[Guide for Serious Illness Conversations with Hospitalized high-risk COVID-19 Patients](#)(pdf)

Providence Health in BC

[Guide for getting government aid in every Canadian province/territory](#) (google drive)

Jennifer Robson, Carleton University Using Public Information