



In the Loop - Office of Student Affairs

MARCH 2020



UNIVERSITY OF SASKATCHEWAN
College of Medicine
STUDENT AFFAIRS
MEDICINE.USASK.CA

**Social distance does
not mean we aren't
together.**

In the loop is a newsletter from the Office of Student Affairs. We are a first point of contact when students are in need and will provide resources, support, and referrals.

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Looking after your mental health while self-isolating

YoungMindsUK — <https://youngminds.org.uk/blog/looking-after-your-mental-health-while-self-isolating/>

If you are self-isolating or social distancing because of coronavirus (COVID-19), it is important to look after your mental health. Here are some tips that may help.

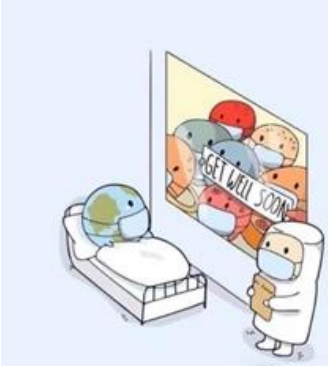
Video calls

Phone calls are amazing, and are a great way to stay connected. But seeing someone's face really can make a huge difference on a phone call. It can lift your mood and make you feel less lonely. There are lots of free video calling services you can use, and if you can connect to Wi-Fi this will help if you're worried about your data allowance. Don't be shy about going on camera – your loved ones will really appreciate seeing you, even if you're in your pyjamas! You could really brighten someone's day.

Reach out

You're probably not the only person feeling worried, bored or frustrated. It's a good time for a catch up, so don't be afraid to make the first move and reach out to someone you haven't heard from in a while. They'll probably be very grateful to hear from you. Send them a message and let them know you care.





Clean up your social media

You might be spending more time than usual scrolling on social media. But have you ever thought about how this could be affecting your mental health? Try unfollowing or muting accounts that make you feel anxious, upset or angry.

Take a break from the news

It can be tempting to constantly check the news during times like this, but if you notice this is having a negative impact on your mental health. Try limiting how often you check the news.

Read a book

Getting away from screens and reading a book can help you escape for a bit. Why not re-read one of your favourites, or get your friend to recommend one? It might be difficult to get a new book, but you can access lots of books online.

Plan your days

Your normal routine might be disrupted and that can be stressful. Take some time to write down how you want to spend your day. Creating and sticking to a new routine will give you a sense of order and normality. Decide on your new routine and make sure you build in time to do things you enjoy. If you live with other people, you could ask them to help you.

Feel productive

Make a list of all those things you said you would do but never get round to. It could be sorting out your wardrobe, doing some gardening, fixing things around your living space etc. These tasks can make you feel productive and give you a sense of accomplishment. Tidying your living space can also make you feel calmer and more positive.

If you want to take the time off to rest and not be productive, that's also fine too. Listen to your body.

Dealing with stressful situations at home

Walk away from tense situations if you can. Being cooped up with other people will naturally be frustrating and might create tension between you and those you live with. You can defuse difficult situations by walking away from arguments until everyone starts to feel calmer. If you and those you live with do not have any coronavirus symptoms, you could go outside for a walk.

Resources

Resources may have registration and/or fees attached, which will be the responsibility of the student.

❖ University of Saskatchewan:

COVID-19 Information

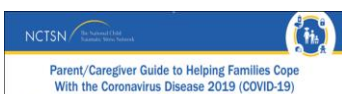
Prevention and Wellness

❖ Anxiety Canada:



Anxiety Canada™ is a leader in developing free online, self-help, and evidence-based resources on anxiety. They serve Canadians by developing services and programs they can trust, including our online directory (Finding Help), and our online courses (My Anxiety Plans).

❖ The National Child Traumatic Stress Network:



Parent/Caregiver Guide to Helping Families Cope with the Coronavirus Disease 2019 (COVID-19).

This resource will help you think about how an infectious disease outbreak might affect your family—both physically and emotionally—and what you can do to help your family cope.



❖ US Centers for Disease Control & Prevention (CDC)



The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger.



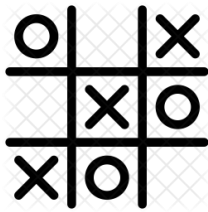
❖ Osmosis Resources for distance learning



You may face challenges during the transition to distance learning in response to the COVID-19 pandemic. The Osmosis team and platform, with a robust set of high-quality videos and assessment items, are here to help.



10 Relaxing Games to Play Online to Help Chill You Out



12 Famous Museums Virtual Tours



The Home Safari – Cincinnati Zoo



Bodhi Tree is offering all session online using zoom.

They have extended a **free 3 month unlimited yoga** pass to all Saskatchewan Medical Students.

The promo-code is - sunyoga

Sign into Mindbody and register for any and all classes you wish to. Make sure there is an email associated with your account. Before the class begins you will be sent an email with instructions on how to access the class.



TEDTalk– a source of information on all sorts of topics, and any discussion of how to educate yourself for free online needs to include them.

