

Return to Campus Well-being Resources

March 2022

Human Resources



Sheridan

How We've Prepared for your Return:



Occupational Health & Safety Measures

Sheridan is taking numerous steps to safely re-open, including:

- Introducing a vaccine mandate and rapid antigen testing program, screening everyone on campus. **See our NEW!! COVID-19 Self-Reporting Form for Employees.**
- Providing personal protective equipment (e.g., N95 fit tested masks, medical masks, and eye protection are all available)
- Creating well-defined Standard Operating Procedures for safety within spaces. The full COVID-19 Safety Plan at Sheridan is [here](#).
- Increasing airflow to replace stale air with fresh air more frequently.
- Implementing a schedule for frequent and enhanced cleaning and disinfection.

Sheridan's Well-being Resources

Sheridan offers many well-being tools to assist in your transition back to campus, including:

- [Ergonomic Resources](#) – See February's [Stretch Break Guide](#), and [Occupational Health & Safety's site](#) for more information & tools.
- [Employee Wellness site](#) monthly content, and LifeWorks' sponsored monthly webinars.
- [Employee & Family Assistance Program \(EFAP\)](#) by Lifeworks. Access to confidential 24/7 counselling.
- [Workplace Accommodation & Return to Work policies and procedures](#) (Family Status & Disability-related accommodations)
- Headspace App subscriptions – All employees can [sign-up](#) for a 6-month membership (availability limited)
- [Return to Campus site](#) – your one-stop shop to your return to campus!

How You Can Prepare for your Return – 5 Tips from Dr. Keith Dobson

As we begin to return to our “new normal” many people are facing “re-entry anxiety”. This includes worries about heightened risk of infection, new social expectations, and the adjustment to new work routines. Dr. Keith Dobson, Professor of Clinical Psychology at University of Calgary shares some practice advice:

- 1) Remember that feelings about returning vary** – While some draw comfort from increased social contact, others may experience feelings of unease. Be mindful of your and other peoples’ feelings, showing compassion to everyone’s needs.
- 2) Plan to re-negotiate social norms** – Think about how you can safely socialize with co-workers and communicate the plan before you get together. Be prepared to set boundaries with people who may be less concerned with personal risk factors.
- 3) Continue following public health advice** – An important element to readjusting to public life is learning to take appropriate risks. Following public health guidelines allows you to feel more confident in your decisions.
- 4) Use gradual exposure techniques** – Exposure is considered the best evidence-based treatment for anxiety. Try slowly introducing yourself to campus, by scheduling a call with a co-worker to get re-acquainted, drive-by campus one day before you start back to practice your commute, get back to your morning routine like wake times, and preparing a lunch, or meet a colleague onsite for a walk, or a coffee catch-up.
- 5) Monitor your symptoms of stress/anxiety** – In time of change and uncertainty, some stress is expected. But it is important to self-monitor your symptoms in the event they become intrusive, interfering with your daily life and abilities. A great resource you can use is The Wellness Together Canada self assessment tool.

Community Well-being Resources for Mental Health:

Some of us may experience feelings of anxiety or stress when faced with a change in our everyday routines. There are many resources and supports available to you. We encourage you to sample and see which resource is a good “fit” for your needs. **Please have a discussion with your physician as well**, and review who/what might be a good treatment partner/service for you.

- ✓ AbilitiCBT - an internet-based cognitive behavioral therapy program, including a special program to help you address anxiety symptoms related to the challenging aspects of pandemics.
- ✓ BounceBack - a free program from the Canadian Mental Health Association (CMHA) that helps you build skills to improve your mental health. Can do self referral, and request will be sent to your physician.
- ✓ Anxiety Canada – MindShift Cognitive Behavioural Therapy (CBT) app & COVID-19 Anxiety resources
- ✓ Occupational Therapists - Occupational Therapists (OTs), are essential to addressing mental health issues through building healthy everyday routines, addressing anxiety & sleep hygiene issues, and positively changing behaviours & mood.
- ✓ Registered Psychologists, Psychotherapists & Social Workers - Certified Mental Health professionals that specialist in the care and treatment of diagnosed mental health conditions.
- ✓ To search for a paramedical provider, you can consider Sun Life’s Lumino App database, or other search engines such as the Psychology today’s database, allowing you to filter by your location and other specifications.

Sheridan, we've got this!