



## Protecting your Physical, Mental, and Emotional Health

As the seasons change and the colder weather settles in, we must remember to continue taking care of ourselves. Everybody needs a little more help than usual to navigate these uncertain times and maintain their well-being.

This webinar explores unique factors impacting the well-being and resilience of essential workers during the COVID-19 pandemic. It focuses on strategies for protecting, healing, and maintaining wellness and resilience for those in a wide variety of helping roles.



## The Power of Asking for Help

Check out this short video (5 mins) of Al Etmanski, one of our sector's leaders, and author/filmmaker/activist Bonnie Sherr Klein as they talk about the gift of vulnerability and, in particular, the power of asking for help.



### Dealing with Depression

The COVID-19 pandemic has brought many challenges with it, including a rapid increase of people suffering with depression. It's important to remember that, while depression may be a challenge to get through, there is hope for those struggling with it.

**Learn more about ways to get support.**



### How Physical Activity Can Help

Physical activity promotes positive changes in the brain stimulating feelings of calm and well-being.

**Here are some ideas to get you started!**



### Financial Insecurity and Debt Stress

It's normal to want to avoid situations that cause anxiety. Money problems can feel overwhelming and out of your control. However, by taking one positive step at a time, you can both regain control of your financial life and lower your stress.

**Learn some helpful tips to help break the cycle of financial problems.**



## Additional Support

Counsellors are available at all times to help you take care of yourself and your family in these difficult times. Visit our Employee Assistance Program website to get the support you need.

Visit *posAbilities'* [LifeWorks Platform here](#).