



MENTAL HEALTH DUE TO COVID-19

Mental health refers to the general state of how you regulate your behavior, feelings, and thoughts. There's no standard for measuring what's normal for you versus what could be a reason for concern in someone else, but poor mental health could negatively affect:

- How well you get along with family and friends
- Your productivity at work
- Your interest in activities, social settings, and other situations
- Energy levels

No doubt the pandemic has taken a big toll on our personal and family health. As such, if you feel you need help with your mental health, please contact AC Nursing and Health Services Director. We have programs free to you and your family to cope. When you call for a list of our programs, it will be kept at the strictest level of confidence.

NURSES' WEEK CELEBRATIONS: MAY 7TH TO MAY 13TH 2022

If you would like to nominate a fellow Nurse who you think or feel deserve to be recognized, please forward a name for nomination. One winner will win an all expense paid package getaway to **NIAGARA FALLS** - weekend stay for 2 (courtesy of AC Nursing).



CHANGES TO PUBLIC HEALTH AND WORKPLACE SAFETY MEASURES

The Ontario government recently lifted restrictions for face coverings and social gathering places.

AC Nursing urges all Nurses to continue wear face coverings as we all know the effects of how this virus affects us especially in health care. We all have been working so hard to protect ourselves from this virus and AC Nursing wants you all to be safe and healthy.



COVID -19 UPDATE

* Hospitals will not be providing the \$2 / \$3 wage enhancement to the agencies after March 31st for PSWs.

- The Ontario government is giving eligible nurses a \$5,000 payment to help incentivize them to stay on the job. According to the government, nurses eligible to receive the payment include nurses in hospitals, long-term care and retirement homes, home and community care, primary care, mental health and addictions, emergency services, and corrections, as well as range of other community based and developmental services including youth justice

* New projects for Long Term Care and Retirement Home are available for RN, RPN and PSWs'. Thank you for referring Nurses' and PSWs' to AC Nursing.

Tips for Reducing Anxiety:



Reach out for help; your mental health is important.



Exercise regularly.



Limit time spent in public places.



If working from home or in self-quarantine, arrange your space so it's calming. Make sure you shower and get dressed like you're going to work.



Moderate news intake.



Practice deep breathing exercises or other methods of meditation.

WHAT'S THE IMPACT?

• While most healthcare workers are resilient to the long-term effects of this period of stress and anxiety, there is the added worry about scarce resources, lack of cure or effective treatment options, isolation from family, coping with patient suffering and deaths and the moral ethical impact of decisions as to who will receive acute care. These factors have significant potential for negative repercussions on the mental health and well-being of healthcare staff. There have been reports of high levels of stress, depression and even suicides, and long-term effects include a higher risk for post-traumatic stress disorder or moral injury.

- (1) Covid-19 outbreak lead to high anxiety, depression, and stress levels in nurses.
- (2) Poor working conditions (e.g. non-adequate personal protective equipment (PPE) or overtime work) during the covid-19 outbreak lead to higher depression, anxiety, and stress levels in nurse.
- (3) Changes in family dynamics(e.g. being displaced from home) during Covid-19 outbreak lead to higher depression, anxiety, and stress levers in nurses.

CONTACT US

Please make sure you call (905) 770 -9450 office number 24/7 days a week for any changes regarding your shifts especially includes any cancellations.