


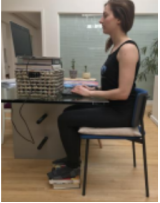













## Resources and Activities for Staff



| Mental Health Information   | Taking Care of Yourself   | Wellness  | Resources & Supports   |
|---|---|---|--|
| <p>PROMOTING MENTAL HEALTH: FINDING A SHARED LANGUAGE</p> <p><a href="#">Promoting Mental Health Finding a Shared Language</a></p>                          | <p>Take Care of Yourself</p>  <p><a href="#">Take Care of Yourself</a></p> | <p>@Home Exercises</p> <p><a href="#">TDSB @Home Exercises</a></p>  |  <p><a href="#">workhealthlife</a></p>                      |
|  <p><a href="#">BounceBack Ontario</a></p>                                 | <p>Relaxing Your Mind and Body</p> <p><a href="#">Relaxing Your Mind and Body</a></p>   |  <p><a href="#">Home Workstation Ergonomics</a></p>                       |  <p><a href="#">Culturally Res...</a></p>                   |
|  <p><a href="#">Continuum Self Check   The Working Mind</a></p>          |  <p><a href="#">Relaxing Piano Music</a></p>                             | <p>YOGA with ADRIENE</p> <p><a href="#">Yoga With Adriene - YouTube</a></p>   |  <p><a href="#">Winter 2021 2022 Well Being Guide</a></p> |
|  <p><a href="#">Staying Mentally Healthy Archives - CMHA Toronto</a></p> |  <p><a href="#">Mini meditations - YouTube</a></p>                       |  <p><a href="#">Healthy Sleep Tips</a></p>                              | <p>Addressing Stigma</p> <p><a href="#">Addressing Stigma   CAMH</a></p>   |
| <p>Mental Health 101</p> <p><a href="#">Mental Health 101   CAMH</a></p>  | <p>WORDLE</p> <p>A DAILY WORD GAME</p> <p><a href="#">Wordle - A daily word game</a></p>  |  <p><a href="#">Healthy eating for adults - Canada's Food Guide</a></p> |  <p><a href="#">BeThere.org</a></p>                       |