

Leisure Resources for Staying Resilient During the COVID-19 Pandemic - For VCH Staff



Meditation, Mindfulness, and Journaling

— part 4 of a 9 part series for staying resilient



Do Nothing for Two Minutes ([website](#))

Take a two-minute break and just listen to the waves. Every time you move your mouse or touch your keyboard, the timer restarts.

Trauma Tapping Technique ([website](#), [iOS](#) and [Android app](#))

Information on how to use this proven self-help method for calming emotional responses related to stress and traumatic experiences.

Palouse Mindfulness-Based Stress Reduction ([website](#))

Free online mindfulness-based stress reduction course founded by Jon Kabat-Zinn at the University of Massachusetts Medical School.

Self-Compassion ([website](#))

Free access to guided meditations and self-compassion exercises including writing, self-talk and supportive touch.

Shambhala Vancouver ([website](#))

Free mindfulness/awareness meditation sessions starting at 7pm every Wednesday via Zoom. All levels welcome, extra support available for beginners. At 8pm, attendees are encouraged to make themselves a cup of tea and virtually socialize with others before a formal talk/discussion takes place at 8:20pm. Attendees can join/leave at any time.

Breath2Relax ([iOS](#) and [Android](#))

Available in app format only, users learn how to use diaphragmatic breathing to help reduce stress, regulate mood and help with anger and anxiety management.

Ten Percent Happier ([website](#), [iOS](#) and [Android app](#))

Free access for healthcare workers to tools for practicing meditation, reducing stress and improving sleep and overall happiness. Offers weekly podcasts, newsletters and live streaming videos Monday to Friday at noon (access videos any time after via app).

Calm – Meditate, Sleep, Relax ([website](#), [iOS](#) and [Android app](#))

Free resources to navigate the stress of COVID-19 including guided meditations, mindfulness tools, calming music, natural soundscapes, sleep stories and guided movement videos. Also includes resources for children.

Headspace ([website](#), [iOS](#) and [Android app](#))

Free selection of meditation, sleep and at-home workouts to support you during COVID-19.

How to Journal + 30 Journaling Prompts ([YouTube](#))

An introduction to different ways to journal plus a downloadable sheet of 30 questions for self-discovery to help you get started on your journaling journey.

How To (And How Not To) Keep a 30-Second Gratitude Journal ([website](#))

A step-by-step guide to starting and using a gratitude journal, including free tools, templates and downloads.

Wreck This Journal ([YouTube](#))

A completely different take on journaling that goes far beyond just writing. The goal is to keep it simple, keep it easy, keep it fun!

FREE online resources to support your health and wellness

Created by the recreation therapy (RecT) staff at VGH



We Care for Everyone

Your well-being matters!

To access more leisure resources,

please visit the [COVID-19 staff supports wellness page](#).