

# **COVID DURING THE HOLIDAYS- ARE YOU MENTALLY HEALTHY? A SUPPORTIVE DISCUSSION**

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WITH DR. LEIGH QUESNEL



# QUESTION #1

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- What can we do as an individual to combat the feelings of isolation? What kinds of things can we do collectively? For those that may not have immediate family to rely on?

# QUESTION #2

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- How would you recommend handling/approaching friends, family or coworkers that have reached out to me for help? What non-communicated signs should we watch for in those that may be having difficulties?

## QUESTION #3

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- Staying positive- it can be difficult. What is your advice to those that may feel being caught in a “negative spiral”?

## QUESTION #4

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- Are there any particular challenges and solutions regarding mental well-being during the upcoming holiday season?

# RESOURCES FOR THOSE IN NEED OF FURTHER SUPPORT

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- Your workplace EAP
- Check out and save those handouts!
- <https://prairies.psac.com/node/11081>
- <https://cmha.ca/news/covid-19-and-mental-health>
- Call or Text INFO to 211 (MB no text option available)

# DR. LEIGH QUESNEL

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See his websites at [www.hqs.ca](http://www.hqs.ca) and [www.hqs-cs.ca](http://www.hqs-cs.ca)

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