

Resources that may be useful

[Apple for Uncertainty](#)

[Change Accept Let Go](#)

[Mindfulness Booklet](#)

[Living with Worry and Anxiety Amidst Global
Uncertainty](#)

[3 minute Breathing Space](#)

Click on any of the resources listed above to see more information

Need some support in these challenging times?

Remember we have **free Counseling** support through our **Employee Family Assistance Plan!**

Just contact Homewood Health and they will connect you with support!

1-800-663-1142

South Calgary Health Centre Single Session Counselling,
call in the morning for an appointment that day- **403-943-9374**

Distress line- 24/7 403-266-4357

Additional Resources

Websites:

Youtube(mindfulness recordings),

<https://www.Mindful.org>

<https://www.AnxietyCanada.com>

<https://www.mindfulness-solution.com/DownloadMeditations.html>

<https://palousemindfulness.com/> (Free 8 week Mindfulness Based Stress Reduction Course)

Apps:

Insight Timer, Mindshift, Head Space, Calm,

Tenpercent happier (currently free for healthcare workers)