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HQC is situated on Treaty 6 Territory and the Traditional Land of the Dakota, Lakota and Nakota, and is the Homeland of the Métis.

We pay respect to the treaties that were made on this land and acknowledge the harms and mistakes of the past. We are committed to move forward in partnership with Indigenous Nations in the spirit of reconciliation and collaboration.

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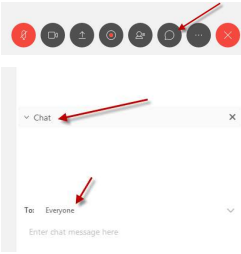


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WEBEX TOOL: CHAT FUNCTION

CHAT FUNCTIONS:

- Share **questions, comments, and ideas**
- Click on the message bubble icon to access the chat
- Send to **All Participants**






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ACCESS PAST QI POWER HOUR SESSIONS

Past QI Power Hour webinars (with download links)

<p>Working Privately Series: The Basics (QI Power Hour Webinar)</p> <p>Mar 23, 2020 at 3:00 PM</p>  <p>THE BASICS</p> <p>How do you get started with Power Hour? How do you find your own Power Hour? How do you find your own Power Hour?</p> <p>Download</p>	<p>Providing social inclusion through experience-based design & co-creation, Your Justice (QI Power Hour)</p> <p>Feb 27, 2020 at 2:00 PM</p>  <p>THE BASICS</p> <p>How do you get started with Power Hour? How do you find your own Power Hour? How do you find your own Power Hour?</p> <p>Download</p>	<p>Research in Reconciliation (QI Power Hour)</p> <p>Jan 15, 2020 at 3:00 AM</p>  <p>THE BASICS</p> <p>How do you get started with Power Hour? How do you find your own Power Hour? How do you find your own Power Hour?</p> <p>Download</p>
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[Visit our website to view past sessions!](#)

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THANKS FOR BEING A PART OF OUR COMMUNITY: SK

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THANKS FOR BEING A PART OF OUR COMMUNITY: CANADA

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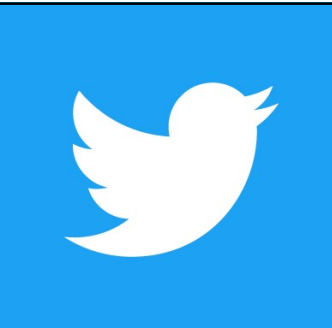
THANKS FOR BEING A PART OF OUR COMMUNITY: WORLDWIDE

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JOIN THE CONVERSATION!

@QIPowerHour
@HQCSask
#QIPowerHour



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QIPower Hour

**SAFE AND WELL AT HOME:
SELF-CARE DURING THE COVID-19 PANDEMIC**

With DR. ADAM STACEY

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**SAFE AND WELL AT HOME:
SELF-CARE DURING THE
COVID-19 PANDEMIC**

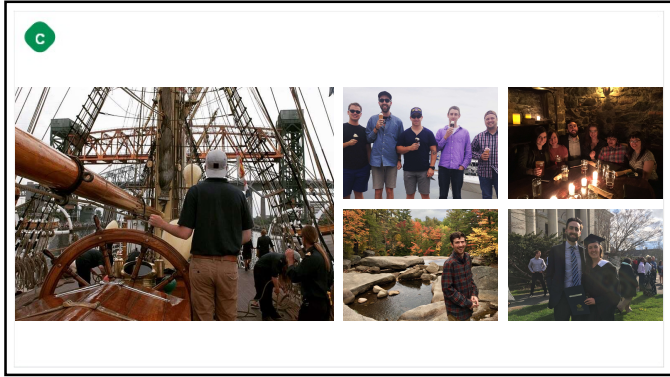
DR. ADAM STACEY
UNIVERSITY OF SASKATCHEWAN
HEALTH QUALITY COUNCIL: QI POWER HOUR
APRIL 17, 2020

ADAM.STACEY@USASK.CA

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No one **ever** complains about a speech being **too short!** – Ira Hayes

<p>1 STRESS What happens if you do not take care of yourself?</p>	<p>3 PANDEMIC PRESSURE Are you a super hero? Then stop acting like one!</p>
<p>2 SELF-CARE What is self-care and why should you practice it?</p>	<p>4 TIPS AND TRICKS Are you convinced?! Where do you start?</p>

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What are the signs of **distress**?

- Feelings of numbness, disbelief, anxiety or fear.
- Changes in appetite, energy, and activity levels.
- Difficulty concentrating.
- Difficulty sleeping or nightmares and upsetting thoughts and images.
- Physical reactions, such as headaches, body pains, stomach problems, and skin rashes.
- Worsening of chronic health problems.
- Anger or short-temper.
- Increased use of alcohol, tobacco, or other drugs.

Source: CDC Website

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Consequences of High Stress

MENTAL HEALTH
High levels of stress encourage depression, anxiety and can impinge cognitive functioning.

RELATIONSHIPS
Psychosocial isolation, loneliness, reduced self-esteem and disruption in personal relationships are common.

BURNOUT
The three factors of burnout are exhaustion, depersonalization and reduced personal accomplishment.

FUNCTIONING
Stress can impair your functioning at home, work and school. May lead to lower life and job satisfaction.

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What is self-care and how do I do it?


- Make it Personal
- Be Intentional
- Prevent and Protect
- Accept Difficulty
- Monitor Effectiveness
- Balance is the Goal
- Practice Ethically
- Live the Lifestyle

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What is self-care and how do I do it?

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What is self-care and how do I do it?

—

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- Live the Lifestyle

1. Sleep

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What is self-care and how do I do it?

—

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- Live the Lifestyle

1. Sleep
2. Exercise

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What is self-care and how do I do it?

—

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- Live the Lifestyle

1. Sleep
2. Exercise
3. Nutrition

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What is self-care and how do I do it?

—

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1. Sleep
2. Exercise
3. Nutrition
4. Social Life

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What is self-care and how do I do it?

—

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- Live the Lifestyle



1. Sleep
2. Exercise
3. Nutrition
4. Social Life
5. Sun Light

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COVID-19: Challenges and Opportunities

—

<p>Challenges:</p> <ul style="list-style-type: none"> • Isolation • Frustration and boredom • Financial • Health • Change 	<p>Opportunities:</p> <ul style="list-style-type: none"> • Reframe (trapped -> safe) • Gratitude and appreciation • Fresh start • Reflection • Change
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Tips and Tricks

1 BUILD YOUR FOUNDATION
Sleep, Exercise, Nutrition, Social Life and Sunlight

2 BREATHE
Mindfulness

3 SCHEDULE IT
Make a commitment to yourself

4 MIND THE GAP
Where am I dropping the ball?

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Sleep tips

- Be consistent
- Avoid naps
- Avoid alcohol, nicotine and caffeine
- Exercise
- Light
- Temperature
- Have a ritual
- Stop and try again
- Sleep and sex

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Mind Full, or Mindful?

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Mindfulness Resources

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- Headspace (<https://www.headspace.com>)
- InsightTimer (<https://insighttimer.com>)

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Thank you

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What can I do by
next Tuesday?

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Continue the conversation...

Sign up to participate in our Second **Randomized Coffee Trial** at:

<https://www.surveymonkey.com/r/RCT2>

Sign up by end of day Monday, April 20. Pairings will be emailed out on Tuesday, April 21!

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NEXT UP...

WORKING REMOTELY SERIES:
FACILITATING VIRTUAL COLLABORATION

With CHELSEA SCHWARTZ & CAROLINE BECK

FRIDAY, APRIL 24, 2020

9:30-11:00 am CST

To learn more and to register, [visit our HQC website](#)



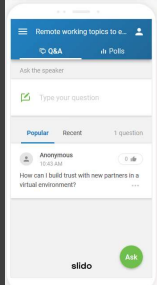
Power Hour

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What topics would you like to see covered in the Working Remotely Series?

Add them to the Slido online Q & A at:

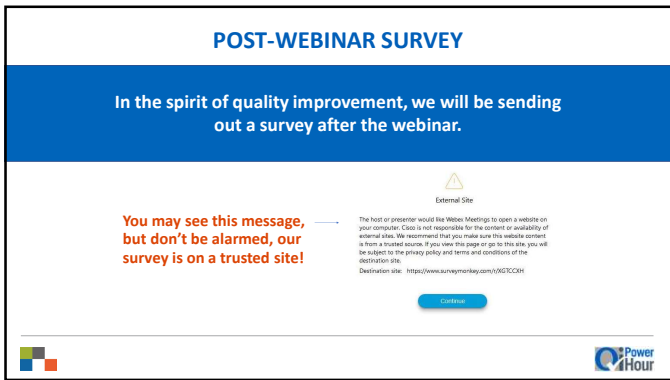
<https://app.sli.do/event/hs8hhwhf>



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