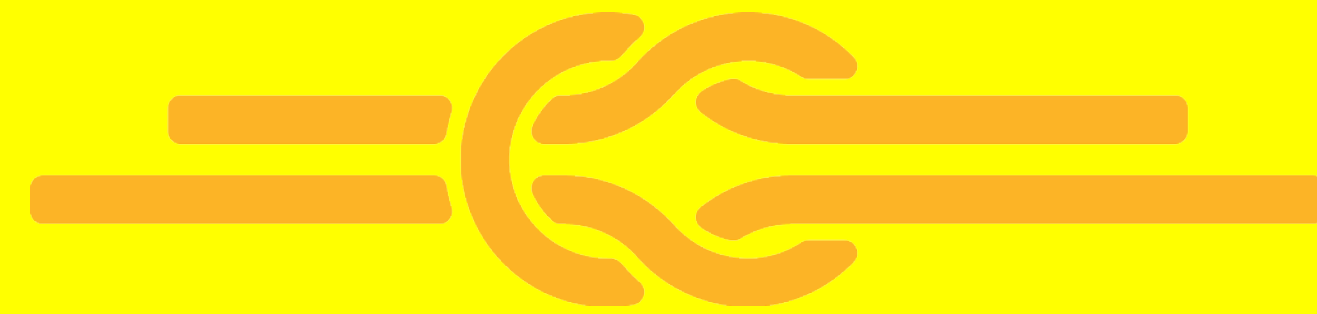
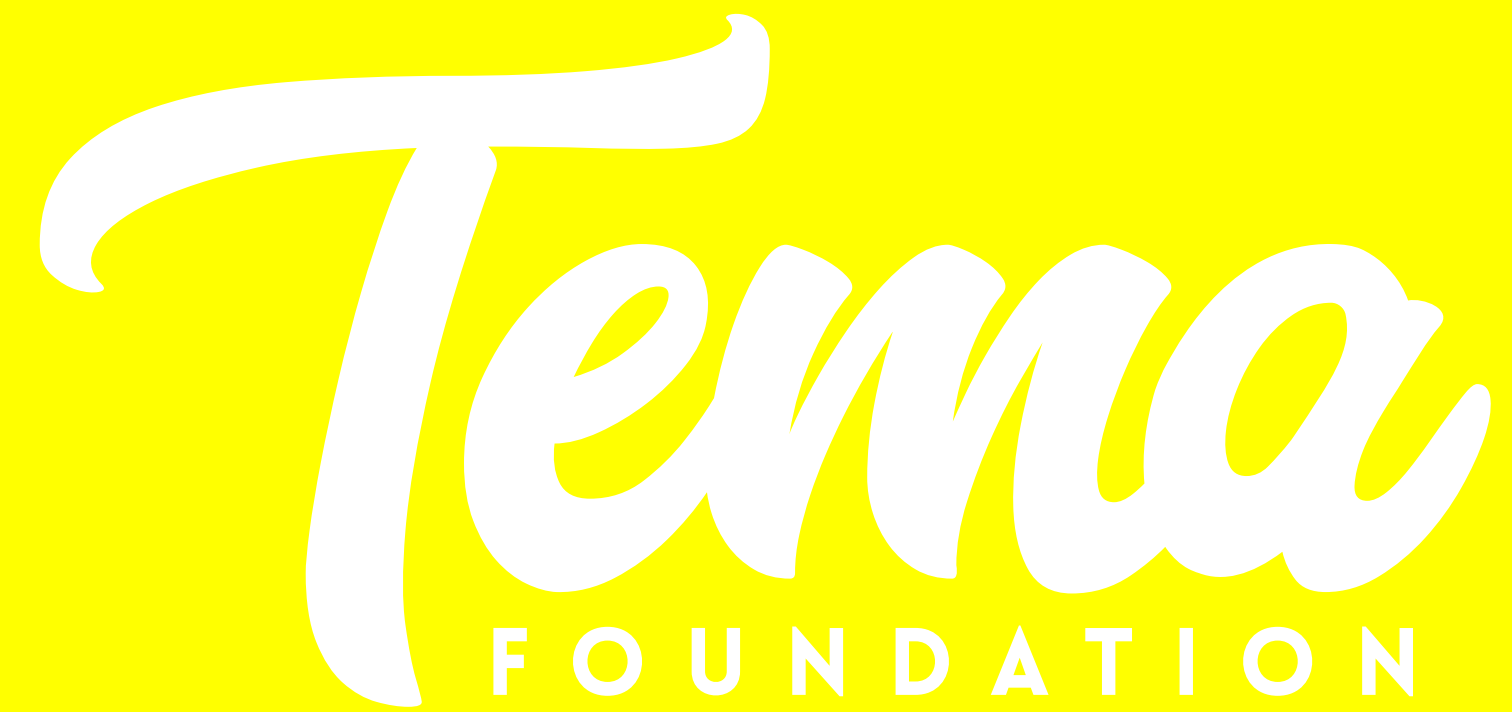


AN ESSENTIAL PART OF THE PPE FOR YOUR MIND™ SERIES



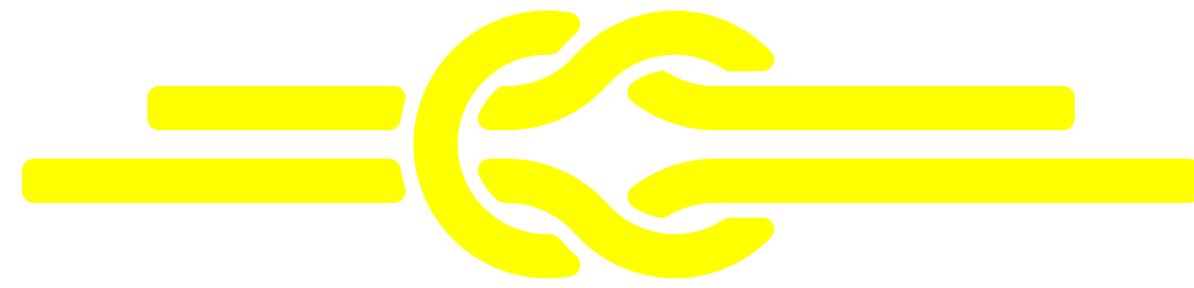
# PPE FOR YOUR MIND

**FRONTLINER'S FIELD GUIDE  
QUICK REFERENCE**

# **WELCOME TO** **PPE FOR YOUR MIND**



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**WE BEGIN**



**IF YOU'RE CURRENTLY IN SERIOUS MENTAL DISTRESS,  
PLEASE IMMEDIATELY REACH OUT TO A HEALTHCARE PROFESSIONAL FOR HELP.**

**THIS BOOKLET IS AN EFFECTIVE HELPING HAND, BUT DOES NOT REPLACE THE DIRECT  
CARE AND INTERVENTIONS PROVIDED BY MENTAL HEALTH PROFESSIONALS WHO  
ARE SPECIFICALLY TRAINED TO HELP TO ALLEVIATE ACUTE MENTAL DISTRESS.**

**EVERYDAY YOU MAKE  
UNTHINKABLE SACRIFICES**



**ONE THING YOU CAN'T  
AFFORD TO SACRIFICE IS  
YOUR MENTAL HEALTH**



**YOUR MENTAL HEALTH  
IMPACTS THE IMPORTANT  
PEOPLE IN YOUR LIFE AND  
THOSE YOU STRIVE TO HELP**



**THESE KEY INSIGHTS  
WERE DEVELOPED BECAUSE  
WE HAVE YOU IN MIND**





**LET'S HELP MAKE YOUR  
MENTAL HEALTH HEALTHIER**



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**PART 1**  
**KNOWING WHEN  
YOU'RE NOT OKAY**

**STAYING MENTALLY  
HEALTHY MEANS  
KNOWING WHEN  
YOU'RE NOT OKAY**



**KNOWING WHEN  
YOU'RE NOT OKAY  
IS NOT EASY TO DO**



**JUST KNOW THAT IT'S  
OKAY TO BE NOT OKAY**



**WE ALL SHARE FEARS THAT  
CREATE ANXIETY & STRESS**



**WE ALL SHARE THE  
FEAR OF THE UNKNOWN**



**FACING OUR FEARS  
HELPS US STAY RESILIENT  
WHEN WE'RE NOT OKAY**





# **EMBRACE AND CONFRONT YOUR NEGATIVE FEELINGS**



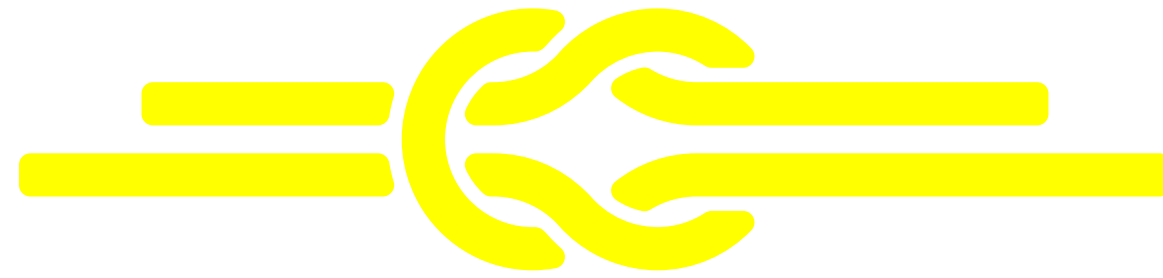
**YOU ARE STRONGER  
THAN YOUR FEARS**



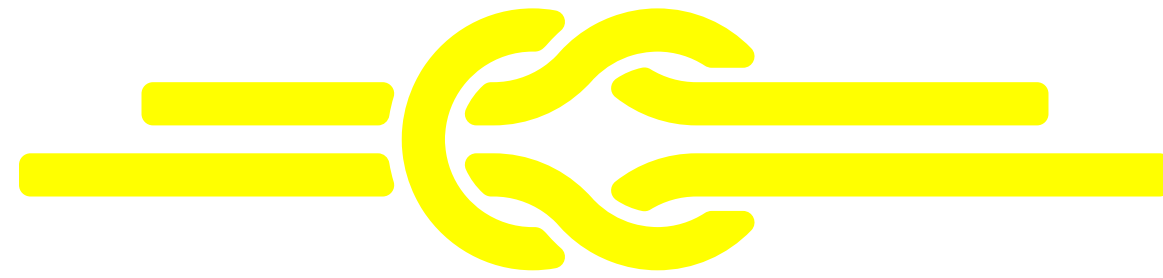
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**EMOTIONS ARE NOT A  
WEAKNESS, THEY ARE  
AN IMPORTANT PART  
OF OUR HUMANITY**

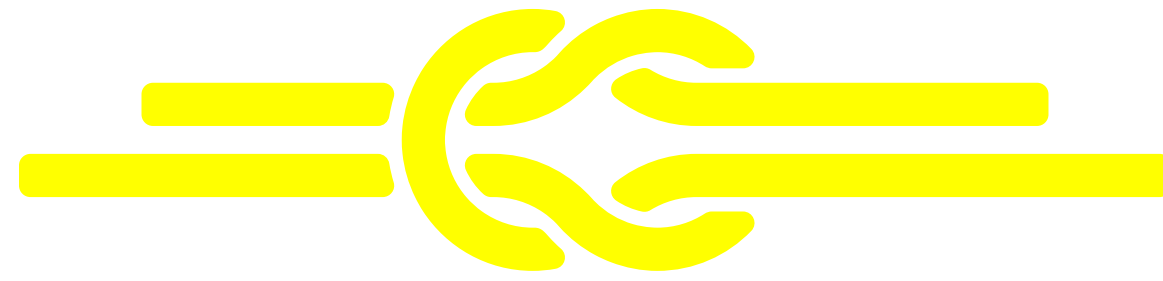




**TALK ABOUT  
YOUR FEARS**



**TALK ABOUT  
YOUR CHALLENGES**



**BE NOT OKAY**

# PART 1 ADDITIONAL RESOURCES

IF YOU WOULD LIKE MORE MENTAL HEALTH EDUCATION ON THIS TOPIC, PLEASE WATCH, READ, OR LISTEN TO OTHER SUPPLEMENTARY PIECES OF COURSE CONTENT FROM THE PPE FOR YOUR MIND SERIES.



[FIELD GUIDE: PART 1 VIDEO](#)

[FIELD GUIDE: EBOOKS](#)

[FIELD GUIDE: AUDIOBOOK](#)

[EDUCATIONAL SESSIONS: PART 1 VIDEO](#)



# PART 2

**STRATEGIES TO RELIEVE  
FEAR, ANXIETY & STRESS**



**FRONTLINE WORKERS**  
**ALWAYS PUT OTHERS FIRST**



**YOUR SELF-CARE IS AN  
EFFECTIVE TOOL TO ALLEVIATE  
FEAR, ANXIETY, AND STRESS**



**CARING FOR YOURSELF FIRST  
HELPS YOU CARE FOR OTHERS**



**THERE'S A SIMPLE ANALOGY  
WE USE TO MEASURE OUR  
STATE OF MENTAL HEALTH**



# IT'S YOUR SH\*T BUCKET

AND THE TRUTH IS, WE ALL HAVE ONE.

OVER TIME, THE DIFFICULT SITUATIONS WE GO THROUGH FILLS OUR BUCKET MORE AND MORE. UNTIL IT OVERFLOWS.

AND THAT'S WHEN THINGS CAN GET MESSY.

AFFECTING NOT JUST YOU, BUT THE IMPORTANT PEOPLE IN YOUR LIFE.

WE NEED TO DO ANYTHING WE CAN SO OUR SH\*T BUCKET DOESN'T MAKE OUR LIVES, WELL—REALLY SH\*TTY.

**IT'S ABOUT EMPTYING IT EARLY AND EMPTYING IT OFTEN.**



**SELF-CARE HELPS YOU  
EMPTY YOUR SH\*T BUCKET  
EARLY AND OFTEN**



# **CREATE A SELF-CARE PLAN THAT WORKS FOR YOUR LIFE**



# **FOCUS ON HEALTHY EATING AND HEALTHY DRINKING**





**TAKING YOUR MEAL AND  
MIND BREAKS AS NEEDED  
IS GOOD SELF-CARE**



**TAKE A TEMA TIMEOUT  
WHEN YOU'RE NOT OKAY**



# THE TEMA TIMEOUT



JUST BREATHE

TAKE SOME DEEP CLEANSING BREATHS  
EVERY TIME YOU WASH YOUR HANDS

FIND A SPACE ALONE

GO FOR A WALK

DRINK SOME WATER

FIND A COMFORT YOU ENJOY

TALK, TALK, TALK TO SOMEONE ABOUT HOW YOU FEEL

# **EXPECTATIONS FOR YOURSELF**

# **EXPECTATIONS FOR FAMILY**

# **EXPECTATIONS FOR COWORKERS**

# **PART 2 ADDITIONAL RESOURCES**

IF YOU WOULD LIKE MORE MENTAL HEALTH EDUCATION ON THIS TOPIC, PLEASE WATCH, READ, OR LISTEN TO OTHER SUPPLEMENTARY PIECES OF COURSE CONTENT FROM THE PPE FOR YOUR MIND SERIES.



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[FIELD GUIDE: EBOOKS](#)

[FIELD GUIDE: AUDIOBOOK](#)

[EDUCATIONAL SESSIONS: PART 2 VIDEO](#)



# PART 3

**THE TEMA MODEL OF SUPPORT  
FOR FAMILY & PEERS**



# THE STORY OF TEMA

WE'RE CALLED THE TEMA FOUNDATION  
BECAUSE TO US, TEMA CONTER WAS A SISTER.  
A DAUGHTER. A FRIEND—AND MORE.

ON JANUARY 27, 1988, AT THE AGE OF 25,  
TEMA WAS MURDERED BY A CONVICTED SERIAL KILLER  
WHO HAD SPENT MOST OF HIS LIFE IN JAIL.

SHE WAS A GUIDING LIGHT. A SHINING STAR.

THERE ARE NO WORDS TO DESCRIBE THE  
DEVASTATION HER DEATH BROUGHT UPON OUR FAMILY,  
HER FRIENDS—AND THE FIRST RESPONDERS WHO  
TOOK THAT CALL. IT'S BECAUSE OF HER, THEM, AND US  
THAT WE LINK TOGETHER AS PARTNERS IN MENTAL HEALTH.

TO HEAL EACH OTHER.

THIS IS HOW THE TEMA FOUNDATION WAS BORN.





**NOW AND AGAIN  
PEOPLE IN OUR LIVES  
NEED A HELPING HAND**



**THE TEMA MODEL OF SUPPORT  
IS AN EFFECTIVE TOOL TO  
HELP THOSE AROUND YOU**



**IT'S AS SIMPLE AS  
REMEMBERING TEMA'S NAME**



**T.E.M.A.**



# THE TEMA MODEL OF SUPPORT FOR FAMILY & PEERS



**T**AKE ACTION

**E**NGAGE IN DISCUSSION

**M**AKE MEANINGFUL CONNECTIONS

**A**CCESS HELP

# **T**AKE ACTION

- OBSERVE THEIR BEHAVIOUR AND DO INITIAL RESEARCH –
- ASK OTHERS WHO MIGHT KNOW WHAT IS HAPPENING –
- FIND THE RIGHT TIME TO ASK HOW THE PERSON IS FEELING –
  - IF AT FIRST YOU DON'T SUCCEED, TRY AND TRY AGAIN –
- COMMUNICATE YOUR CONCERNS AND REINFORCE THAT YOU CARE –
  - START AN OPEN, HONEST CONVERSATION –





# **ENGAGE IN DISCUSSION**

- BE HELPFUL AND RESPECTFUL OF TIME AND PLACE–
- STAY CALM IF THE PERSON STARTS SHARING DARK FEELINGS–
- SHOW COMPASSION, EMPATHY, AND SUPPORT–
- OFFER TO MAKE MORE TIME TO TALK IN A SAFE ENVIRONMENT–
- BE DIRECT AND ACKNOWLEDGE YOUR DESIRE TO HELP
- FOCUS ON SHARED EXPERIENCES AND STAY POSITIVE–



# **M**EANINGFUL CONNECTIONS

- SHARED EXPERIENCES HELP BUILD A CORE SUPPORT STRUCTURE–
- UNDERSTAND AND VALIDATE THEIR FEELINGS AND EXPERIENCES–
- GET COMFORTABLE REACHING OUT OF YOUR COMFORT ZONE–
- STAY POSITIVE AND TAKE A MUTUAL BREAK IF NEEDED–
- A GENUINE, AUTHENTIC, AND NATURAL APPROACH IS ALWAYS BEST–
- BE A GOOD LISTENER AND PROVIDE AN HONEST PERSPECTIVE–



# ACCESS HELP

- FIND OUT WHAT UNIQUE HELP WILL WORK BEST FOR EACH PERSON–
- LOOK FOR EXISTING SUPPORT STRUCTURES IN YOUR ORGANIZATION–
- UNDERSTAND HOW QUICKLY WE CAN ACCESS THE HELP NEEDED–
  - WHEN YOU DON'T KNOW WHAT TO DO, JUST ASK–
  - SEEK OUTSIDE RESOURCES IF THEY ARE REQUIRED–
- CONSULT A PROFESSIONAL WHO CAN ENSURE CONFIDENTIALITY –



**HEALING EACH OTHER**

# PART 3 ADDITIONAL RESOURCES

IF YOU WOULD LIKE MORE MENTAL HEALTH EDUCATION ON THIS TOPIC, PLEASE WATCH, READ, OR LISTEN TO OTHER SUPPLEMENTARY PIECES OF COURSE CONTENT FROM THE PPE FOR YOUR MIND SERIES.



[FIELD GUIDE: PART 3 VIDEO](#)

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# PART 4

CARING FOR IMPORTANT  
PEOPLE IN OUR LIVES



**WE KNOW THE RISKS OF  
SIMPLY GOING TO WORK**



# **RISKS IMPACTING MORE THAN YOUR OWN MENTAL HEALTH**





# **IMPACTING THE IMPORTANT PEOPLE IN YOUR LIFE**



**IT'S IMPORTANT WE TALK  
TO THEM ABOUT OUR ISSUES**



# TALKING TO THE IMPORTANT PEOPLE IN YOUR LIFE ABOUT WORK



EXPLAIN YOUR JOB TO THEM IN A WAY THAT HELPS THEM UNDERSTAND HOW WHAT YOU SEE AND HEAR AND FEEL IMPACTS YOU IN BOTH GOOD AND BAD WAYS

PROVIDE OPPORTUNITIES FOR YOUR LOVED ONES TO OPENLY DISCUSS THEIR WORRIES AND FEARS ABOUT YOUR WORK AND HOW IT IMPACTS YOU

ACKNOWLEDGE AND VALIDATE THEIR FEELINGS OR CONCERNS ABOUT YOUR WORK AND WHAT YOU ARE DOING

EXPLAIN THE IMPORTANCE OF YOUR WORK - AND WHY YOU HAVE TO DO WHAT YOU DO

REASSURE YOUR LOVED ONES THAT YOU ALL WILL GET THROUGH THIS. THEY NEED TO HEAR THAT YOU ARE ALWAYS GLAD TO COME HOME - ALTHOUGH YOUR JOB MAY MAKE YOU WORRIED AND SCARED, WHEN YOU COME HOME YOU FEEL GOOD TO BE WITH YOUR LOVED ONES

TRY TO GIVE YOUR LOVED ONES REASSURANCE THAT YOU LOVE THEM, REGARDLESS OF HOW TOUGH IT MAY GET

MAKE A CONSCIOUS DECISION TO REMOVE YOUR EMOTIONAL ARMOUR WHEN YOU COME HOME TO YOUR FAMILY. THEY NEED YOU WITH THEM, AND YOU NEED THEM WITH YOU

**FOR PARENTS, KIDS WILL  
FEEL WHAT YOU ARE FEELING**



**TAKING TO YOUR KIDS  
WILL BE A RELIEF FOR THEM**



**TEACH THOSE WHO MIGHT  
LOOK UP TO YOU THAT IT'S  
OKAY TO BE NOT OKAY**



**THESE CONVERSATIONS  
CAN SEEM DREADFUL BUT  
THEY GET EASIER THE  
MORE YOU HAVE THEM**



# TIPS FOR CARING FOR THE IMPORTANT PEOPLE IN YOUR LIFE



- STAY CONNECTED AND COMMUNICATE OPENLY –
- ACKNOWLEDGE AND APPRECIATE THEIR HELP –
- TELL YOUR LOVED ONES YOU LOVE THEM –
- CELEBRATE THEIR VICTORIES AND ACHIEVEMENTS –
- KEEP YOUR KIDS IN THE LOOP WHEN IT'S APPROPRIATE –
- SHARE YOUR SELF- CARE PLAN WITH FAMILY & PEERS –



**WE CAN UNDERSTAND  
OURSELVES BETTER**

# **PART 4 ADDITIONAL RESOURCES**

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**THIS IS NOT  
THE END**



**PPE FOR YOUR MIND  
IS JUST GETTING STARTED**

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# MEET OUR EDUCATORS



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# OUR EDUCATORS



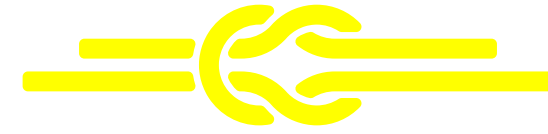
**PROFESSOR COLLEEN KAMPS, MA CYC**  
EDUCATION & CURRICULUM DEVELOPMENT COORDINATOR



**DR. HOWARD CONTER, MD**  
THE TEMA FOUNDATION VOLUNTEER & EDUCATOR

FOR MORE INFORMATION ON OUR EDUCATORS PLEASE VISIT  
[WWW.TEMA.FOUNDATION/EDUCATORS](http://WWW.TEMA.FOUNDATION/EDUCATORS)

**PPE FOR YOUR MIND  
IS MADE POSSIBLE  
WITH THE SUPPORT OF**



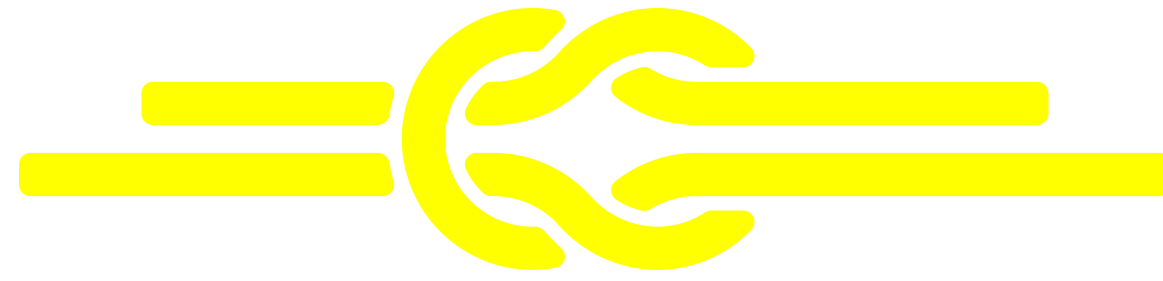
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**n | s | b | i**  
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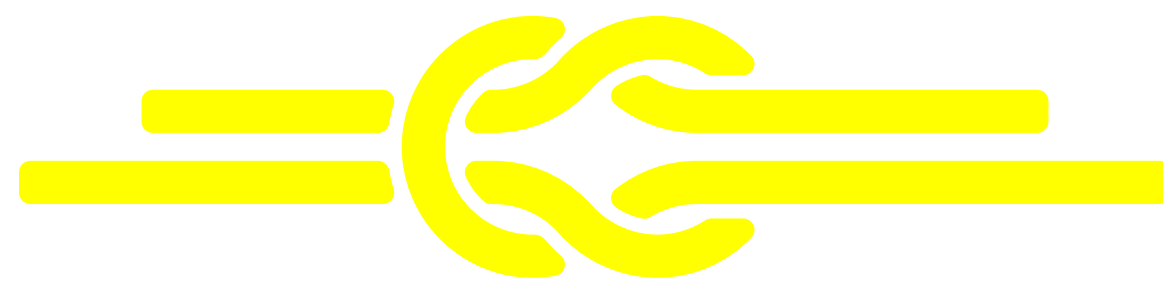
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# FRANKFURT STARTUPS SYSTEMS



**BEFORE YOU GO, A BIG  
THANK YOU**



**LINK**

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