

THE TADDLER

Vaping: The Facts

By: Victoria Charko, Registered Nurse

In recent years, vaping has emerged as an alternative to smoking cigarettes and as a smoking cessation aid. Although vaping can be less harmful than smoking cigarettes, it is not harmless. There is still a lot that we do not know, particularly about the potential long-term health effects. Given this, Canada has begun to monitor rates of vaping and the development of vaping-associated illnesses¹.

Between May 2019 and February 2020, Canada reported 19 vaping-related illnesses with 15 of them requiring hospitalization¹. Canada has not reported any deaths from vaping-related illnesses, however the United States has reported 68 as of February 2020². Of great concern is that out of all age groups, Canada’s youth and young adults (ages 15-24) attempt vaping the most and are particularly vulnerable to the negative effects^{3,4}. A 2018-2019 survey showed that 34% of grade 7-12 students had tried a vaping product and 20% had used them in the last 30 days³. In youth, vaping can affect brain development, memory and concentration, as well as lead to addiction and physical dependence⁴.

Below are a few important points about vaping and vaping products:

- Vaping products are battery-powered devices that heat a liquid and turn it into vapour (aerosol) for the user to inhale
- Vaping products go by different names: e-cigarettes, mods, vapes, vape pens, sub-ohms, e-hookahs, tank systems and electronic nicotine delivery systems (ENDS)



- Vaping products come in many different shapes, sizes and colours
- Broken vaping products have exploded and caused fires
- When someone “vapes”, they can breathe in an aerosol made up of a mix of chemicals, metal and flavour agents
- Most vaping products contain nicotine, some at even higher levels than cigarettes

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Everything You Need to Know About Non-Alcoholic Fatty Liver Disease (NAFLD)

By: Jessica Zupan, Registered Dietitian, Certified Diabetes Educator

What is NAFLD?

The liver is a pretty incredible organ. It performs over 500 tasks in the body. Amongst these tasks is the ability to convert nutrients into fat and store extra fat droplets in the liver for later use. In about one quarter of the population, the liver accumulates too many fat droplets causing it to become enlarged. This is referred to as Non-Alcoholic Fatty Liver Disease (NAFLD)¹. A small percentage of people with NAFLD develop a more severe form of the disease called Non-Alcoholic Steatohepatitis (NASH). NASH is inflammation and scarring of the liver in addition to the accumulation of fat droplets². People may progress or regress between NASH and NAFLD over time¹.

What causes NAFLD?

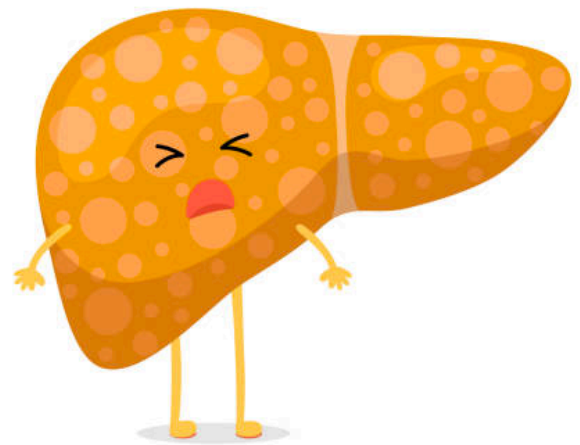
NAFLD has been discussed in medical textbooks for over 140 years. Despite this, medical professionals still struggle to understand the exact cause and treatment for NAFLD¹. What we do know is that the changes that occur in the body that lead to NAFLD are complex and include numerous genetic, dietary, metabolic and hormonal factors. One of the hormonal factors that contributes to NAFLD is something called insulin resistance. Insulin helps bring sugar from your blood into your cells where it is used for energy. When your cells are resistant to insulin, the sugar cannot get into the cells and gets trapped in your blood causing blood sugar spikes.

Why treat NAFLD?

NAFLD is very common and the majority of people living with NAFLD have a mild form of the disease. However, progression of NAFLD to NASH can increase the risk for liver disease and heart disease³. Making lifestyle changes can help reduce progression of NAFLD to NASH and/or help prevent complications related to NASH³.

A dietitian's suggestions to help manage NAFLD:

- Following the Mediterranean diet has been shown to help manage NAFLD⁴. The Mediterranean diet emphasizes:
 - Eating plant-based foods such as fruits, vegetables, whole grains, beans/legumes, nuts and seeds
 - Replacing butter with olive oil and canola oil
 - Reducing red meat to a few times per month
 - Eating fish twice a week or more

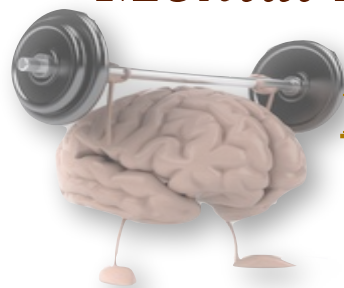


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Mental Health Corner

The Way of Loving-Kindness

by: Elsa Monteiro, Social Worker



A young child walks down the road holding his mother's hand. She smiles at him and he smiles back. He knows what love is. Maitri, the cultivation of loving-kindness toward oneself, begins at birth and becomes the foundation for nurturing these feelings toward others later in life. "Like mother love, maitri is unconditional" (1). Self-love is a powerful tool - it can give us rest and solace, it can make the difference between a life of suffering and a life of joy.

The ability to nurture a life-long relationship with self-compassion is at the root of our happiness, making it possible to extend love and compassion to others. Training in loving-kindness and compassion invites us to "soften and open our hearts" (2). "To make friends with what we reject, what we see as 'bad' in ourselves, and in other people" (2). To smile at the inadequacies that we possess as human beings and at the courage we have to face our fears.

Painful thoughts and feelings often arise from our relationship with feelings of anger and sadness, our relationship with our fears. The practice of loving-kindness calls us to foster a closer relationship with these feelings, to get intimate with our fears. It calls us to welcome and put our arms around people and situations that call forth these feelings and to see these as teachers, calling our attention, awakening us to feelings of self-doubt and self-worth, to the injustices in the world. We smile at these people and situations, as they help us practice patience, curiosity, love of self and others, and loving-kindness.

A loving-kindness practice encourages feelings of gratitude. We practice giving thanks for the pleasures, the people and events that bring us comfort and joy in our life. We wish to extend these feelings to others in good will. We try not to hold on to these feelings. A loving-kindness practice teaches us to let go and to appreciate what is present in our life right now. It welcomes new opportunities and learning.

The practice of loving-kindness often involves the use of mantras which are repeated to oneself. The practice extends itself to wishing these things for others by simply replacing the word 'I'. These mantras can be said out loud, in a whisper or in silence to yourself, alone or with others. These mantras can be used to wish loving-kindness to our neighbourhoods, our cities, the whole world, the plants and animals, all our relations.

A collective practice of loving-kindness is now more important than ever - a global response to suffering amidst the COVID-19 pandemic.

May I smile at myself.
 May I say kind things to myself.
 May I smile at my courage.
 May I fill myself up with loving-kindness.
 May I rest in this feeling of peace.



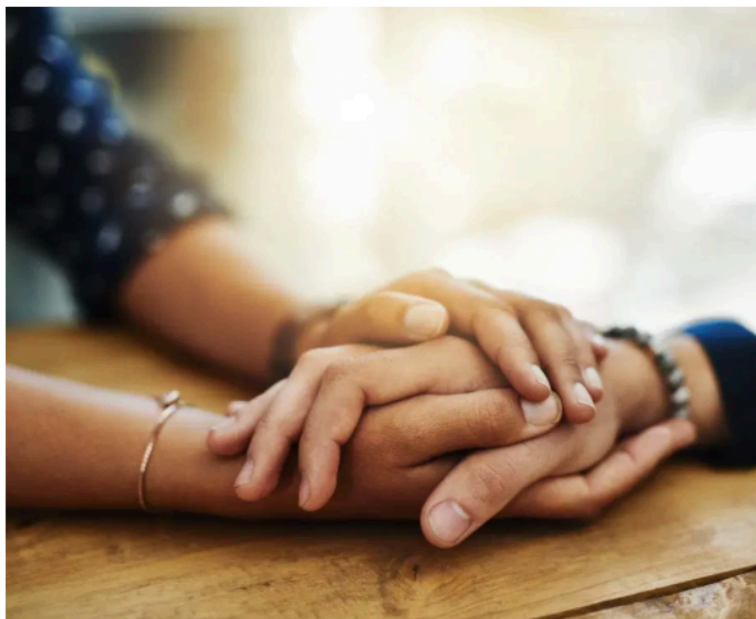
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Mental Health Program COVID-19 Resources

The COVID-19 pandemic is an unpredictable challenge and we want you to know that our team is here for you. Our Mental Health Program has put together 3 resources; one for children/youth/families, one for adults and one for seniors. We hope you find them helpful. Please reach out to your primary care practitioner if you need support with your mental health.

The lists of resources are attached at the end of this newsletter and are also available on our website.



WHAT'S HAPPENING AT TADDLE CREEK

By: Sherry Kennedy, *Executive Director*

This column lets you know about TC FHT programs, events and announcements.

Events/Announcements

On Mar. 17, 2020, the Government of Ontario ordered many establishments to close and prohibited gatherings of over 50 people to stop the spread of COVID-19. On Mar. 20th, the Ministry of Health encouraged all primary care providers to implement a system for virtual and/or telephone consultations when and wherever possible. On Mar. 30th, in an effort to further stop the spread and keep people home, the government extended their emergency declaration by closing non-essential workplaces. The announcements just keep coming, but it was these early days that I remember most. COVID-19 turned everything upside down and inside out. TC FHT experienced disruptions to our work world that challenged us as we tried to remain accessible to our patients. No doubt, you too went through your own stressful experiences. I am proud of how TC FHT has responded to the pandemic and how we are continuing to keep our team and patients safe, yet still provide healthcare services.

Very early on, we created our own internal COVID-19 task force that met weekly. This group reviewed government regulations for personal protective equipment, infection control, testing and working remotely. They monitored new directives, patient care guidelines and crafted team and patient communiques. We always tried to keep our patients at the forefront in our decision-making and understood your need for ongoing access to care. We kept all 7 suites open daily with 1 physician/nurse practitioner and 1 medical secretary to tend to urgent matters. All other physicians/nurse practitioners provided virtual care. We offered 4 virtual After Hours Clinics (AHC) weekly and an on-site After Hours clinic on Saturdays. All other clinicians (i.e. social workers, pharmacist, dietitians, registered nurses) worked remotely offering telephone/video conferencing options. We also reached out to our patients either on our website or through our patient portal. We will continue to remain accessible as we move to the next phase of this pandemic and we hope that, in some way, we played a part in your well-being during this extraordinary time.

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WHAT'S HAPPENING AT TADDLE CREEK

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Programs

One disappointment (of many), caused by the pandemic, was the necessity to cancel all in-person groups, both in progress and in the future. CAMH CBT groups, Diabetes Education groups and the Lifestyle Balance group were all cancelled. Clinicians who were running these groups did their best to support participants to complete their journey. We also had to cancel our Mental Health Team's weekly in-person single-session drop-in clinics held at both our Bay & Bloor sites. The single-session drop-in clinics fill a very important need for quick access to counselling and support. To meet this need during COVID-19, the Mental Health Team readily opened up their schedules for patients to be booked for virtual drop-in appointments and they continue to do so.

We hope to be able to offer virtual groups this Fall, but as it stands, there are no scheduled groups. Thus our regular 'Group/Workshop/Drop-in Offering' table (usually at the end of the newsletter) is not included. In its place, you will notice 3 carefully curated COVID-19 resources (1 for adults, 1 for child/youth/families & 1 for seniors). These resources offer a variety of mediums (i.e. websites, workbooks, podcasts, support groups, etc.). I, personally, have accessed these resources and have found them helpful for my own mental health. They will also be on our website for future access.

Personnel Announcements

Since my last column, there has been one maternity leave and one new hire.

Jessica Lam, our pharmacist, is now on maternity leave and Dina Carovska has been hired to replace her. Dina is a graduate of the University of Toronto's Leslie Dan Faculty of Pharmacy (2014) and a current PharmD candidate (2021). Dina worked 2 years at Rexdale Community Health Centre as a clinical pharmacist and 1 year at Southlake FHT. She also has 2-3 years of experience working in various pharmacies.

Alexandra Kobayashi, social worker, was hired on Apr. 6, 2020. Alexandra comes to us with a Master of Social Work earned from the University of Toronto in 2013. Alexandra has close to 4 years of experience working for Morneau Shepell providing crisis management and single-session, solution-focused individual therapy. She also has 2 years of experience working as a child & youth counsellor for Kids Help Phone.

Cont'd from page 1 (Vaping: The Facts)

- Short-term health effects may include: coughing, sneezing, worsening asthma symptoms and a faster heart rate
- There is mounting evidence that youth who vape are at least 4 times more likely to go on to smoke cigarettes

The effectiveness of e-cigarettes/vaping products in helping smokers quit remains unclear and individuals who do not smoke cigarettes should not start vaping. If you are interested in learning more or would like to quit smoking or vaping, we encourage you to speak with one of our pharmacists or your primary care provider.

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4. Government of Canada. Talking with your teen about vaping. (2019). <https://www.canada.ca/en/services/health/publications/healthy-living/talking-teen-vaping-tip-sheet-parents.html>
5. Government of Canada. About vaping. (2020). <https://www.canada.ca/en/health-canada/services/smoking-tobacco/vaping.html>
6. Lung Health Foundation. Talking About Vaping/E-Cigarettes. https://lunghealth.ca/wp-content/uploads/2020/02/Talking_About_Vaping_V5nl.pdf
7. Toronto Public Health. Electronic Cigarettes Fact Sheet.



Taddle Creek

DIABETES
DIGEST

Intuitive Eating with Diabetes

By: Sarah Hunt, Dietetic Intern

To eat intuitively means to “make food choices without experiencing guilt or an ethical dilemma, honour hunger, respect fullness and enjoy the pleasure of eating.” (1) Intuitive eating is associated with several benefits, including improved cholesterol levels, lower stress, increased energy, improved mental health, reduced disordered eating, improved body awareness, enhanced self-esteem and improved happiness (2).

Intuitive eating principles suggest that the secret to managing diabetes is through learning to celebrate food and its incredible ability to nourish you. When thinking about how you have been taught to manage your diabetes in the past, the idea of celebration and freedom surrounding food may sound counterintuitive (3). However, individuals living with diabetes can also benefit from using their internal wisdom to guide their decisions with respect to food and eating (3). Here are some ideas for how to get started.

1. Observe how food impacts your blood sugar objectively, without getting mad at yourself. (2) This active experimentation promotes informed decision-making in the future.
2. Recognize your needs and incorporate satisfaction. We have physical, emotional and mental needs when it comes to food, but as humans we also look for satisfaction in what we eat. Simply recognizing that, as a human, you have needs and require satisfaction when it comes to food, you are thinking like an intuitive eater. The satisfying choice does not always include a biological need, but that does not mean we have to avoid it completely. Intuitive eating principles suggest that we avoid thinking in terms of good foods (that we should eat all the time) and bad foods (that we should restrict from our diets). (3) No foods should be completely restricted. After all, for individuals with diabetes, candy or fruit juice, which are usually classified as “forbidden”, could be lifesaving in the case of low blood sugar. (2)
3. Observe your hunger and satiety cues: Take notice of what foods make you feel full. What does that sensation feel like in your body? How does the sensation of hunger manifest in your body? Listen for the body signals that tell you that you are no longer hungry. Observe the signs that indicate that you are comfortably full. Pause in the middle of eating to ask yourself how the food tastes and assess your current hunger level. (4)

Do not let diabetes stop you from feeling like you cannot mend your relationship with food and your body. (3) Still curious about intuitive eating? Speak to a registered dietitian or your diabetes care providers.

References

- (1) Tribole, E., & Resch, E. (1995). *Intuitive eating: a recovery book for the chronic dieter: rediscover the pleasures of eating and rebuild your body image.*
- (2) Bennett, K. (2020, January 2). *Intuitive Eating: 8 Evidence-Based Health Benefits.* Retrieved from <https://www.stephaniedodier.com/intuitive-eating-benefits/>
- (3) Hartley, R. (2019, November 11). *Intuitive Eating for Diabetes: Part 1.* Retrieved from <https://www.rachaelhartleynutrition.com/blog/intuitive-eating-for-diabetes>
- (4) Lindsay. (2019, December 6). *Three Tips for Intuitive Eating with Diabetes.* Retrieved from <https://nutritioninstincts.com/three-tips-for-intuitive-eating-with-diabetes/>



Cont'd from page 2 (Non-Alcoholic Fatty Liver Disease)

⊕ A diet rich in slow-release carbohydrates can help with NAFLD management, especially when combined with the Mediterranean diet and regular daily movement⁴. Slow-release carbohydrates also help reduce blood sugar spikes. Slow-release carbohydrates include:

- Whole grain and pumpernickel breads
- Brown rice, parboiled rice, quinoa, barley and wheat berries
- Whole grain pasta and soba noodles
- Sweet potatoes, white potatoes with the skin, taro and plantains
- Oatmeal and All Bran Buds



⊕ There have been several studies indicating that probiotics can be helpful in reducing liver enzymes in people living with NAFLD⁷. Consider daily intake of probiotic-enriched yogurt containing *L. acidophilus*.

⊕ It is recommended to stay away from fad diets if you are living with NAFLD⁴, especially ones that result in rapid weight loss. Sudden weight loss may worsen liver injury and may be harmful⁵. Speak with a dietitian before trying a new diet to ensure it is a safe and healthy option for you.

⊕ The Canadian Liver Foundation supports Canada's Low Risk Alcohol Drinking Guidelines: a maximum of 10 standard drinks a week for women with no more than two drinks a day; a maximum of 15 standard drinks a week for men with no more than three drinks a day¹¹.

Benefits of daily movement:

Both cardio (heart-pumping) and resistance (muscle-activating) activities have been shown to help with NAFLD⁶. Cardio activities could be anything from walking and cycling to playing tennis and dancing. If cardio activities are not possible for you, resistance activities have been shown to be just as effective in helping with NAFLD⁶. Resistance activities could be anything from weight-lifting to yoga to using resistance bands. Some activities like swimming and water aerobics work your muscles and your cardiovascular system. Choose something you enjoy. Whatever you decide to do, try to move your body in a compassionate and enjoyable way.

What about body weight and NAFLD?

If you are feeling confused about the role of weight loss and NAFLD, you are not alone. As a registered dietitian working in the field for over 8 years, I struggle with the message to deliver to patients about weight loss and NAFLD. I would say that this certainly speaks to the complexity of this subject. On the one hand, there is research to support that weight loss appears to be associated with clinically significant improvements in biomarkers of liver disease in people living with NAFLD (at least in the short term)⁹. On the other hand, there is evidence to show that lifestyle changes alone (i.e. nutrition and physical activity) without weight loss can also improve biomarkers of liver disease in people living with NAFLD^{6,10}.

What I conclude from the research we have so far is that the majority of people living with NAFLD will benefit from a combination of healthy eating and regular daily movement with or without weight loss. Weight loss may be more beneficial for some people than others. Some people may not benefit from weight loss (regardless of their body size) for a variety of reasons. If you are feeling confused about weight loss goals and NAFLD, I suggest you reach out to a registered dietitian who can discuss this with you.

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Cont'd from page 7 (Non-Alcoholic Fatty Liver Disease)

Can I take medications to help manage NAFLD?

Medications that help to reduce insulin resistance in the body could also help with managing NAFLD⁸. If you are already taking diabetes medications, speak with your diabetes team. They can review your current medications and ensure you are taking diabetes medications that can also help with NAFLD management. It is also recommended that you speak with your primary care provider about getting Hepatitis A and Hepatitis B vaccines as they can help protect your liver.

Be grateful for your liver and all the incredible work it does. No matter what stage of NAFLD you are in, taking steps towards liver health is important and possible.

References

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11. Canadian Liver Foundation (May 2020). *Alcohol Related Complications*. Retrieved from: <https://www.liver.ca/patients-caregivers/liver-diseases/alcohol-related-complications/>

DISCLAIMER

The information presented in The Taddler is for educational purposes only and should not be used as a substitute for the professional advice, treatment or diagnosis from your health care provider. Contact your physician, nurse practitioner or other qualified health care professional if you have any questions or concerns about your health.

THE TADDLER

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The purpose of the TC FHT Newsletter, "The Taddler" is to provide:

Education on varied health-related topics
Regular communication about what is happening at TC FHT
Information on issues that impact TC FHT and its patients
A means for patients to get acquainted with TC FHT team members
We hope you enjoy reading it!

**The Taddler is not for private marketing purposes*

This COVID-19 resource list is intended for informational purposes only. We tried to choose resources we thought would be of value for your mental health. There is no guarantee any resource is free from errors. If you need additional support, please contact your primary care provider at Taddle Creek Family Health Team. We are here for you.

MENTAL HEALTH & COVID-19 VIRTUAL COUNSELLING / WARM LINE

Walk-in, Single Session Virtual Counselling - Family Service Toronto | Monday to Friday 9am - 6pm
call (416) 595-9618 to connect to a counsellor <https://familyservicetoronto.org/>

Distress Centres of Toronto | Supportive counselling 24/7 | 416-408-HELP (4357)

TakeCare19 | A list of accessible and inclusive mental health resources for coping through COVID-19
<https://takecare19.com/>

MENTAL HEALTH & COVID-19 WEBSITES / WORKBOOKS / GRIEF

Tolerance of Uncertainty: a Covid-19 Workbook from Bay Psychology
<https://www.baypsychology.ca/workshops> download in either English or French

Improving Mental Health During COVID-19 | A resource from an NYGH Psychiatrist, Dr. Jerome Perera
<https://tinyurl.com/yad89897>

Mental Health and the COVID-19 Pandemic Resource Guide (CAMH) | This site is designed to provide information and suggestions about how best to cope during the pandemic.
<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

My Grief | 9 modules designed to aid in understanding and working through grief www.mygrief.ca

What's Your Grief | Blog posts, webinars, e-courses re: grief for adults. www.whatsyourgrief.com

MENTAL HEALTH & COVID-19 VIDEOS / WEBINARS / ONLINE COURSES

Mind Control: Managing Your Mental Health During COVID-19 | Free enrollment in a University of Toronto online course (approx. 3 hours to complete) <https://www.coursera.org/learn/manage-health-covid-19?>

The Science of Well-Being | Free enrollment in a Yale University online course (approx. 19 hours to complete)
<https://www.coursera.org/learn/the-science-of-well-being>

Coping with COVID: The Compassionate Mind webinar (1.5 hours) by Dr. Yotam Heineberg
<https://concept.paloaltou.edu/coping-with-covid-the-compassionate-mind/>

Acceptance & Commitment Therapy (ACT) FACE COVID video | How to respond effectively to COVID-19
<https://www.youtube.com/watch?v=BmvNCdpHUYM>

MINDFULNESS / MEDITATION WEBSITES / PODCASTS / APPS

- Dan Harris' 10% Happier Coronavirus Sanity Guide <https://www.tenpercent.com/coronavirussanityguide>
- Self-Compassion with Dr. Kristin Neff <https://self-compassion.org/>
- Centre for Mindfulness Studies' COVID-19 Pandemic: Mental Health Toolkit for Challenging Times | Articles, guided meditations and videos https://www.mindfulnessstudies.com/mindfulness_resources_during_covid19/
- Centre for Mindful Self-Compassion | Offering free daily 45-minute drop-in guided meditation sessions. <https://www.signupgenius.com/go/10c0c4aa4af29ab9-free>
- Jack Kornfield | American Buddhist Meditation teachers | Collection of audio meditations <https://soundcloud.com/jack-kornfield>
- Rick Hanson's Being Well Podcast | Episodes focused on meditation, neuroscience <https://www.rickhanson.net/being-well-podcast/>
<https://www.rickhanson.net/being-resilient-during-coronavirus/>
- Tara Brach's Pandemic Care Resources | Guided meditations and talks that help foster self-compassion, openheartedness and an inner refuge. <https://www.tarabrach.com/pandemic/>
- Insight Timer | Free meditation app for stress, anxiety, sleep, etc. <https://insighttimer.com/>
- Healthy Minds Program | Designed by Dr. Richard Davidson, a leader in field of meditation, research and neuroscience <https://tryhealthyminds.org/#program>

INTERNET-BASED COGNITIVE BEHAVIOURAL THERAPY (ICBT) | ONLINE THERAPY | APPS

- Bounce Back | Learn CBT with a series of workbooks and psychoeducational videos at your own pace | Bounce Back coaches offer guidance over the phone and help to support the development of CBT knowledge and skills | Workbooks and Coaching available in different languages <https://bouncebackontario.ca>
- Mind Beacon | Digital therapy that is personalized and guided by a registered mental health professional <https://www.mindbeacon.com/>
- AbilitiCBT by Morneau Shepell | Digital therapy that is self-directed with monitoring from a therapist <https://ontario.abiliticbt.com/home>

MENTAL HEALTH & COVID-19 ONLINE SUPPORT GROUPS / FORUMS

- Big White Wall | Anonymous online community, a place to connect to others on forums, complete a self-assessment, read recommended resources, enroll in self-guided courses, use creativity and artistic tools to express feelings <https://www.bigwhitewall.com>
- CAMH online peer-to-peer discussion forum | a space where one can offer support, encouragement and share their experiences related to COVID-19 | Forum is open Weekdays 8am-8pm and Weekends 9am-4pm <https://covid19.camhx.ca/mod/forum/view.php?id=1>

FITNESS / MOVEMENT

Nike Training Club | More than 185 free workouts for all skill levels

<https://apps.apple.com/us/app/nike-training-club/id301521403>

YMCA Health & Fitness Videos

<https://ymca360.org/on-demand>

Yoga – Free Videos from Lululemon

<https://shop.lululemon.com/story/yoga-videos>

Yoga with Adriene | Variety of yoga videos, including relaxation, meditation, restorative

<https://www.youtube.com/user/yogawithadriene>

SLEEP / INSOMNIA

Cognitive Behavioural Therapy for Insomnia tools

<https://mysleepwell.ca/>

Canadian Public Health Initiative about sleep (English & French)

<https://sleeponitcanada.ca/>

Audible | a collection of free audio experiences to help aid relaxation and sleep

<https://www.audible.ca/ep/sleep>

BOREDOM BUSTING FOR ISOLATION

Virtual tours, live webcams, music, nature, online learning, etc.:

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

GOOD NEWS

Good News Network – positive news stories from around the world.

<https://www.goodnewsnetwork.org/>

Some Good News – John Krasinski's YouTube channel highlights positive stories

https://www.youtube.com/channel/UCOe_y6KKvS3PdIb9q9pGug

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MENTAL HEALTH & COVID-19 VIRTUAL COUNSELLING

What's Up Walk-in Counselling | Immediate counselling by phone or video for children/youth and their families
Mon-Fri 9am-7pm | 1-866-585-6486. <https://www.whatsupwalkin.ca/>

Kids Help Phone | Information and counselling 24/7 for children/youth | 1-800-668-6868 <https://kidshelpphone.ca/>

GOOD2TALK | Supportive counselling by phone & text 24/7 for post-secondary students <https://good2talk.ca/>

TakeCare19 | A list of accessible and inclusive mental health resources for coping through COVID-19
<https://takecare19.com/>

MENTAL HEALTH & COVID-19 WEBSITES / STORIES / WORKBOOKS / VIDEOS

Coping Skills for Dealing with the Coronavirus | A collection of coping skills for children and families to help deal with anxiety and stress related to COVID-19 (including a free Coping Skills Family Activity e-book)
<https://copingskillsforkids.com/coping-with-coronavirus>

7 Ways to Maintain Relationships During Your School Closure | Teachers share strategies for maintaining relationships, both peer to peer and student-teacher during COVID-19
<https://www.edutopia.org/article/7-ways-maintain-relationships-during-your-school-closure>

Mindheart | COVIBOOK is a book for kids under the age of 7, made to support and reassure | Available in multiple languages <https://www.mindheart.co/descargables>

My Hero is You | An empowering book about how kids can fight COVID-19 | A collaboration between WHO, UNICEF, UNHCR, UNESCO <https://tinyurl.com/yxxm4x9q>

The Story of the Oyster and the Butterfly: the Coronavirus and Me | Uplifting story for young children (available on YouTube by searching title of book) <https://parent-to-parent.org/news/the-oyster-the-butterfly/>

Time to Come in, Bear | A Children's Story about Social Distancing (2 min)
https://www.youtube.com/watch?v=DA_SsZFYw0w

Brian Doyle's TEDx Talk on gratitude (for youth - 8 min). <https://www.youtube.com/watch?v=QNfAnkojhoE>

Mind Your Mind | Interactive tools, information and interviews re: mental health and wellness, targeted at youth 14+
<https://mindyourmind.ca/>

Jack.org | COVID-19 Youth Mental Health Resource Hub & Be There | Tools to help take care of mental health
<https://jack.org/Resources/COVID-19-Youth-Mental-Health-Resource-Hub?lang=en-ca> & <https://bethere.org/Home>

Tolerance of Uncertainty: a Covid-19 Workbook from Bay Psychology | Appropriate for older, mature youth
<https://www.baypsychology.ca/workshops> download in either English or French

MENTAL HEALTH & COVID-19 PARENT/CAREGIVER RESOURCES / GRIEF

Child Mind Institute | Supporting Families During COVID-19 | Comprehensive information for families re: anxiety, discipline and behaviour, self-care, grief and loss, etc. <https://childmind.org/coping-during-covid-19-resources-for-parents/>

COVID with KIDS | A toolkit for coping with kids at home during the COVID-19 pandemic
<https://www.covidwithkids.org/>

Coronavirus Talking Points for Parents & Teachers with the Whole-Brain Child Approach | Dr. Tina Payne Bryson
<https://tinyurl.com/ybt9cadc>

Bestow | 30 gratitude games & art activities for kids to practice thankfulness <https://bestow.com/blog/gratitude-games/>

From fear to hope – COVID-19 Workbook | A guide for parents supporting children's mental health
<https://otherlifelessons.com/collections/covid19workbooks/products/fromfeartohopeworkbook>

Turn Your Demanding Child into a Productive Co-Worker | New York Times Article | Some lessons from global cultures re: raising cooperative/generous kids
<https://www.nytimes.com/2020/04/30/parenting/children-helping-at-home-coronavirus.html>

Dr. Gordon Neufeld | Expert in child development and parent | Blog articles for parents <https://neufeldinstitute.org/blog/>
Dr. Neufeld's *Parenting Through the Pandemic* YouTube talk <https://www.youtube.com/watch?v=HNnXutm7p4g>

Dr. Laura Markham | Author and parenting expert | Your blueprint for discipline during the coronavirus article & other blog posts <https://www.ahaparenting.com/blog/discipline-during-coronavirus>

School Mental Health Ontario | Mental health resources for children and families <https://smho-smsso.ca/covid-19/>

Bereaved Families of Ontario (Toronto) | Individual & support groups for youth & adults who have lost a loved one (for any reason) <https://www.bfotoronto.ca/>

What's Your Grief | Blog posts, webinars, e-courses re: grief for adults www.whatsyourgrief.com

My Grief | 9 modules designed to aid in understanding and working through grief for adults www.mygrief.ca

Children & Youth Grief Network | Resources for families, including e-courses www.childrenandyouthgriefnetwork.com

MINDFULNESS / MEDITATION WEBSITES / PODCASTS / APPS

Mindfulness for Youth | Guided meditations, videos, blog and other resources <http://mindfulnessforteens.com/>

Plum Village | A global community of mindfulness founded by Zen Master Thich Nhat Hanh | For the whole family
<https://plumvillage.org/>

Inward Bound Mindfulness Education | For teens & young adults | Guided meditations, retreat recordings, videos, online retreats <https://ibme.com/>

Youth Mindful | Private therapy clinic for youth offering a free consult and a 1-hour "pay what you can" *Introduction to Youth Mindfulness* 1:1 session for youth | <https://www.youthmindful.com/>

Healthy Minds Program | For Youth | Designed by Dr. Richard Davidson, a leader in field of meditation, research and neuroscience <https://tryhealthyminds.org/#program>

Smiling Mind | Mindfulness App for stress, sleep, wellbeing for kids, youth & adults <https://www.smilingmind.com.au/>

Insight Timer | For kids, youth & parents | Free meditation app for stress, anxiety, sleep, etc. <https://insighttimer.com/>

AUDIOBOOKS / PODCASTS FOR KIDS & YOUTH

Audible | Free streaming of stories for children & youth while schools are closed www.stories.audible.com/discovery

But Why | Podcast aims to answer kid questions about everything, such as nature, politics, culture, science, etc. Available on Apple, Google, Stitcher, NPR

Circle Round | NPR podcast for kids 4-10yrs old adapts folk stories from around the world | Available on Apple, Google, NPR

Radiolab for Kids | NPR Radiolab's most family-friendly content from the archives for kids & youth | Available on Apple, Google & NPR

Eleanor Amplified | For kids 8-12yrs old | A world famous radio reporter who foils the devious plots of villains with her dogged investigations | Available on Apple, Google, Stitcher

Earth Rangers | For kids interested in nature, animals, ecosystems www.earthrangers.com/podcast

Smash Boom Best | A debate show for kids and families who want to decide which is best www.smashboom.org

Forever Ago | A history show for the whole family exploring the origin of one thing per episode www.brainson.org/pages/foreverago

Brains On | Science podcast for kids and tweens www.brainson.org/pages/listen

The Saturday Morning Cereal Bowl | Weekly music show with interviews for the whole family www.saturdaycerealbowl.podbean.com

Part-time Genius | Podcast for curious tweens and teens who want to dive into various topics | Available on Apple, Google, Stitcher

TED Talks Kids + Family | Episodes to watch as a family www.ted.com/playlists/314/talks_to_watch_with_the_entire

NPR Youth Radio | Podcast stories from young essayists and reporters about their experiences | For mature youth www.npr.org/series/4692815/yr-media

INTERNET-BASED COGNITIVE BEHAVIOURAL THERAPY (ICBT) | ONLINE THERAPY FOR YOUTH

Bounce Back | For youth 15+ | Learn CBT with a series of workbooks and psychoeducational videos at your own pace | Bounce Back coaches offer guidance over the phone and help to support the development of CBT knowledge and skills | Workbooks and Coaching available in different languages <https://bouncebackontario.ca>

Mind Beacon | For youth 16+ | Digital therapy that is personalized and guided by a registered mental health professional <https://www.mindbeacon.com/>

MENTAL HEALTH & COVID-19 ONLINE SUPPORT GROUPS / FORUMS FOR YOUTH

Big White Wall | For youth 16+ | Anonymous online community, a place to connect to others on forums, complete a self-assessment, read recommended resources, enroll in self-guided courses, use creativity and artistic tools to express feelings <https://www.bigwhitewall.com>

CAMH online peer-to-peer discussion forum for youth 18+ | a space where one can offer support, encouragement and share their experiences related to COVID-19 | Forum is open Weekdays 8am-8pm and Weekends 9am-4pm
<https://covid19.camhx.ca/mod/forum/view.php?id=1>

FITNESS / MOVEMENT FOR KIDS & YOUTH

Cosmic Kids Yoga YouTube Channel | Mindfulness and yoga videos for kids 3+
<https://www.youtube.com/user/CosmicKidsYoga>

GoNoodle | Website to get kids moving with fun, engaging dance parties, yoga sessions, games
<https://www.gonoodle.com/>

PE with Joe YouTube Channel | For kids & youth | 30 min exercise videos every weekday morning
<https://www.youtube.com/user/thebodycoach1/featured>

7 Minute Workouts with Lazy Monster | App for kids & youth | Variety of 7-min workouts

YMCA Health & Fitness Videos | Kids, Youth & Family fitness activities <https://ymca360.org/on-demand>

Yoga with Adriene | Yoga for kids, teens and adults | Videos focused on relaxation, meditation, restoration
<https://www.youtube.com/user/yogawithadriene>

SLEEP / INSOMNIA

Cognitive Behavioural Therapy for Insomnia tools <https://mysleepwell.ca/>

Canadian Public Health Initiative about sleep (English & French) <https://sleeponitcanada.ca/>

Audible | a collection of free audio experiences to help aid relaxation and sleep
<https://www.audible.ca/ep/sleep>

BOREDOM BUSTING FOR ISOLATION

Virtual tours, live webcams, music, nature, online learning, etc.:
<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

GOOD NEWS

Good News Network – positive news stories from around the world.
<https://www.goodnewsnetwork.org/>

Some Good News – John Krasinski's YouTube channel highlights positive stories
https://www.youtube.com/channel/UCOe_y6KKvS3PdIfb9q9pGug

This COVID-19 resource list is intended for informational purposes only. We tried to choose resources we thought would be of value for your mental health. There is no guarantee any resource is free from errors. If you need additional support, please contact your primary care provider at Taddle Creek Family Health Team. We are here for you.

MENTAL HEALTH & COVID-19 VIRTUAL COUNSELLING / WARM LINE

Toronto Seniors Helpline | Information and tele counselling for seniors | 416-217-207
<https://torontoseniorshelpline.ca>

Talk 2 NICE | Tele outreach & brief counselling services from National Initiative for the Care of the Elderly | 1-844-529-7292 | www.nicenet.ca/talk2nice

Walk-in, Single Session Virtual Counselling - Family Service Toronto | Monday to Friday 9am - 6pm
call (416) 595-9618 to connect to a counsellor <https://familyserVICEToronto.org/>

Warm Line | Chat online, text or phone with a peer support worker | Between 12pm-8pm call 416-323-3721 | Between 8pm – midnight call 416-960-9276 | Text 647-557-5882 <http://www.warmline.ca/>

Distress Centres of Toronto | Supportive counselling 24/7 | 416-408-HELP (4357)

Friendly Neighbour Hotline | Low-income seniors can connect to network of volunteers who can help with picking up groceries & household essentials | 1-855-581-9580 <http://uhnopenlab.ca/project/hotline/>

TakeCare19 | A list of accessible and inclusive mental health resources for coping through COVID-19
<https://takecare19.com/>

MENTAL HEALTH & COVID-19 WEBSITES / WORKBOOKS / GRIEF / ADVANCE CARE PLANNING

Tolerance of Uncertainty: a Covid-19 Workbook from Bay Psychology
<https://www.baypsychology.ca/workshops> download in either English or French

Improving Mental Health During COVID-19 | A resource from an NYGH Psychiatrist, Dr. Jerome Perera
<https://tinyurl.com/yad89897>

Mental Health and the COVID-19 Pandemic Resource Guide (CAMH) | This site is designed to provide information and suggestions about how best to cope during the pandemic.
<https://www.camh.ca/en/health-info/mental-health-and-covid-19>

My Grief | 9 modules designed to aid in understanding and working through grief www.mygrief.ca

What's Your Grief | Blog posts, webinars, e-courses re: grief for adults www.whatsyourgrief.com

Advance Care Planning | Interactive tools and workbook for advance care planning
<https://www.advancecareplanning.ca/>

The Conversation Project | A useful tool to help start the conversation with loved ones about end of life care plans and wishes <https://theconversationproject.org/starter-kits/>

Dying with Dignity | Online kit for making an Advance Care Plan
https://www.dyingwithdignity.ca/download_your_advance_care_planning_kit

MENTAL HEALTH & COVID-19 VIDEOS / WEBINARS / ONLINE COURSES

Mind Control: Managing Your Mental Health During COVID-19 | Free enrollment in a University of Toronto online course (approx. 3 hours to complete)

<https://www.coursera.org/learn/manage-health-covid-19?>

The Science of Well-Being | Free enrollment in a Yale University online course (approx. 19 hours to complete)

<https://www.coursera.org/learn/the-science-of-well-being>

Coping with COVID: The Compassionate Mind webinar (1.5 hours) by Dr. Yotam Heineberg

<https://concept.paloaltou.edu/coping-with-covid-the-compassionate-mind/>

Acceptance & Commitment Therapy (ACT) FACE COVID video | How to respond effectively to COVID-19

<https://www.youtube.com/watch?v=BmvNCdpHUYM>

MINDFULNESS / MEDITATION WEBSITES / PODCASTS / APPS

Dan Harris' 10% Happier Coronavirus Sanity Guide

<https://www.tenpercent.com/coronavirussanityguide>

Self-Compassion with Dr. Kristin Neff

<https://self-compassion.org/>

Centre for Mindfulness Studies' COVID-19 Pandemic: Mental Health Toolkit for Challenging Times

Articles, guided meditations and videos https://www.mindfulnessstudies.com/mindfulness_resources_during_covid19/

Centre for Mindful Self-Compassion | Offering free daily 45-minute drop-in guided meditation sessions.

<https://www.signupgenius.com/go/10c0c4aa4af29ab9-free>

Jack Kornfield | American Buddhist Meditation teachers | Collection of audio meditations

<https://soundcloud.com/jack-kornfield>

Rick Hanson's Being Well Podcast | Episodes focused on meditation, neuroscience

<https://www.rickhanson.net/being-well-podcast/>

<https://www.rickhanson.net/being-resilient-during-coronavirus/>

Tara Brach's Pandemic Care Resources | Guided meditations and talks that help foster self-compassion, openheartedness and an inner refuge.

<https://www.tarabrach.com/pandemic/>

Insight Timer | Free meditation app for stress, anxiety, sleep, etc.

<https://insighttimer.com/>

Healthy Minds Program | Designed by Dr. Richard Davidson, a leader in field of meditation, research and neuroscience

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<https://bouncebackontario.ca>

Mind Beacon | Digital therapy that is personalized and guided by a registered mental health professional

<https://www.mindbeacon.com/>

AbilitiCBT by Morneau Shepell | Digital therapy that is self-directed with monitoring from a therapist

<https://ontario.abiliticbt.com/home>

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Big White Wall | Anonymous online community, a place to connect to others on forums, complete a self-assessment, read recommended resources, enroll in self-guided courses, use creativity and artistic tools to express feelings

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<https://covid19.camhx.ca/mod/forum/view.php?id=1>

FITNESS / MOVEMENT

Dancing with Parkinson's | Free live dance classes through Zoom, seven days a week for all seniors

<https://www.dancingwithparkinsons.com/online-class-registration>

YMCA Health & Fitness Videos

<https://ymca360.org/on-demand>

Yoga – Free Videos from Lululemon

<https://shop.lululemon.com/story/yoga-videos>

Yoga with Adriene | Variety of yoga videos for all abilities, including chair yoga, relaxation & meditation

<https://www.youtube.com/user/yogawithadriene>

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