



## PODCASTS THAT DEAL WITH MENTAL HEALTH

### **A. CARRYING ON: MENTAL HEALTH STRATEGIES FOR COVID-19 SERIES**

Conference Board of Canada's Chief of Research, Workplace Productivity, Dr. Bill Howatt, shares strategies to support mental health through COVID-19. "Kick your Monday off with his insightful words of wisdom and watch your week flourish" or "Join the conversation with Dr. Bill Howatt, Chief of Research, Workplace Productivity."

- **EPISODE 26: Mental fitness**

We all know how to better our physical health, and many prioritize that in their daily routine. So why not prioritize your mental health, too? Hear from Dr. Bill Howatt for guiding principles on how you can make your mental health a priority. (see the related article: [How building a mental fitness plan can facilitate prosocial coping skills](#))

- **EPISODE 41: Coping skills considerations**

We've all had to create and discover coping-skills. The dangers with at-risk coping skills are the frequency, duration, and intensity. These will create illusions of immediate symptom-relief. Dr. Bill Howatt encourages us to discover pro-social coping.

- **EPISODE 29: Ways to reduce mental fatigue**

Has your mind been feeling tired? You may not realize but "Zoom" fatigue is an emerging issue... overload on new processes is an issue... worry of spreading, catching and living with contagion is an issue. Dr. Bill Howatt provides a framework for managing mental fatigue.

- **EPISODE 42: Workplace wellness chat: Psychological health and safety**

Dr. Bill Howatt is joined by Andrew Harkness, Strategy Advisor of Workplace Safety & Prevention Services, to discuss psychological health and safety.



## **B. WELL AT WORK PODCAST SERIES BY EDCAN**

The Well at Work podcast is a conversation with Canadian K-12 educators and researchers about workplace mental health and well-being.

- [Who's taking care of YOU? featuring Lisa Baylis](#)  
There's an enormous amount of pressure that's put on educators – both from the workplace and from their own inner critic. This comes at a cost as educators are really good at putting others first yet often don't look after their own well-being. Could self-care, mindfulness, and self-compassion be the answer?
- [Teaching and Learning from home with Dr. Jennifer Forristal](#)  
COVID-19 has brought educators and their families together in the same space almost all day, every day. Homes are now living spaces, working spaces, and learning spaces, where educators are constantly switching between different tasks and wearing multiple hats. Dr. Jennifer Forristal, a school wellness specialist, discusses some of the challenges educators are currently facing and shares important strategies that they can use to look after their well-being as they work from home.
- [Positive Reframing: How to find the good in a stressful situation with Dr. Lisa Lucas](#)  
When we experience a stressful situation, it can launch us into a spiral of negative thoughts and reactions, impacting our overall well-being. How then do we address this and focus on turning a problem into a solution? According to Dr. Lisa Lucas, the answer is simple, yet so powerful – reframing.
- [Why teacher self-care is not a thing with Patrice Palmer](#)  
Stress and burnout led Patrice Palmer to leave the teaching profession after a 20 year-long career. Although she had attempted to return to part-time teaching, Patrice never regained her passion. Why does teacher self-sacrifice appear to be the norm rather than the exception? In this episode, Patrice Palmer explains why it's critical to avoid burning out in the first place and to find ways to practice self-care amid the demands of the teaching profession.
- [Self-Reg is Not Just For Kids with Marie Edwards](#)  
Have you checked-in with yourself today? Self-regulation can't be effectively taught to students unless the adults teaching them how to self-regulate can do it for themselves first. As an educator, it's important to check-in with how you're feeling as you transition into work mode and into your classroom each day. That means identifying any personal stressors you might be experiencing – and knowing how best to cope.
- [Self-Care for New Educators with Dr. Lisa Lucas](#)  
Teacher candidates are prepared to care for students in the classroom, but often they're less prepared to take care of themselves. Why does educator self-care matter in the workplace?
- [Are schools more stressful places to work? Featuring Dr. Susan Rodger](#)  
Stress can be good – there's a healthy level at which we all need to have some stress to respond in appropriate ways. But when the stress gets so big that it overwhelms our ability to cope, then there's a problem.

