

FOR IMMEDIATE RELEASE

REGINA, SK. May 4, 2020 – During this unprecedented time of need, Caring Hearts is introducing free online programming on **Resiliency and Self Care** to respond to imminent and future unanticipated front-line needs and emergencies we are currently facing.

Beginning on May 5, 2020 Caring Hearts will be hosting an [eight-week online program](#) focused on Resiliency building and Self-Care to support our essential service employees and their families during this difficult time.

Trauma and loss can be major life stressors. The uncertainty of the current pandemic is having a tremendous impact on the lives of those who are on the front line, including grocery staff, custodians, and other essential service providers. In service to others, they, and their families are bearing the burden of increased worry. They are experiencing secondary trauma, burn-out and a form of anticipatory grief. The grief associated with the fearful recognition that more change and loss is coming but it is uncertain what the change will be.

This causes emotions such as fear, sadness, anger, and guilt to surface. These emotions cause feelings of helplessness, numbness, anxiety, and chaos that can cause sudden changes in how a person thinks, behaves and reacts. Many may experience symptoms of poor concentration, hypervigilance, increased feelings of negativity, disassociation, detachment, depression and other dysphoric affects which impact their overall mental health and well-being while they are trying to come to terms with what is happening all around them.

These reactions are part of the normal process of dealing with trauma, loss and complex grief. With understanding and support, most people are able to identify and normalize their emotions and feelings and make some sense of their experience over time.



Beside you through grief's journey

However, left unresolved prolonged anxiety, traumatic grief and loss reactions can cause long-term physical health problems and/or mental health illness such as depression, anxiety, or Post-Traumatic Stress Disorder. Support programs can be highly effective, but in these times of social distancing, these services are in high demand, and not easily accessible.

In an effort to increase access to support services, Caring Hearts is developing an online toolkit of resources. The program will include access to a weekly live webinar and Q/A, tips on self-care and resiliency building for essential frontline service providers, supports for caregivers and parents in caring for children and youth, and links to online resources.

Information will be posted on the Caring Hearts website and shared on our Facebook, Twitter, and Instagram pages. All materials will be rolled out on a weekly basis and archived [on our website](#) for viewing at a later date.

Support for this program is generously provided by the South Saskatchewan Community Foundation Emergency Response Fund.

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For More Information Contact:

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Caring Hearts. is a registered charity that is committed to meeting the bereavement needs of our community by enhancing mental health and healing through education, programs and services for those dealing with grief and loss

Check out the [program overview](#)