

COVID TOOL KIT

VOL. 01  
APRIL



# travelnurse

I AM A WORKATION WARRIOR



## #ScrubsAreTheNewCapes

PROUD TO BE FRONT LINE WARRIORS

*travelnurse*  
BECOME A WORKATION WARRIOR

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TRAVEL AFTER  
HOURS EMERGENCY  
LINE  
866.554.5605

WE ARE HERE  
FOR YOU 24/7

CLINICAL AFTER  
HOURS EMERGENCY  
LINE  
250.613.3642

# TOUGH TIMES NEVER LAST BUT TOUGH PEOPLE DO

-Robert Schuller



*Life can give us moments of uncertainty like COVID-19, and it's understandable that we may not know how to maneuver through these ambiguous times. Together, let's change the way we view this pandemic journey. We have seen mankind come together to provide and receive resources and support. The phrase "We Are All in This Together" has been a theme adapted by many. At Solutions, we stand true to that statement. Together as a company, we want you to know that you are not alone, we are here for you to offer support, resources and encouragement. This Tool Kit provides you with helpful information links, facts and resources to assist in guiding you through this uncertain time. At Solutions, we stand behind you and truly believe that we are in this together.*



# WARRIORS

You have been working very hard to keep everyone safe. There may be times when you feel burnt out and want to do something different, recreational or just have fun! We have compiled this resource for you to help you navigate your travel to and from your assignments, as well as highlight everything we are doing to support our staff working on the front lines and general recreational resources.

*We want you to let you know that we have got your back!*

We have put together some cool, engaging and meaningful resources for you which will enlighten your mood and make you feel refreshed! All you need to do get started is sit back, and pick and choose. All the **blue** underlines hyperlinks will take you to 3<sup>rd</sup> party sites that are offering amazing resources during this time. We are not affiliated with any other sites, but we have verified them ourselves.

We are putting information daily onto **THE PULSE** so please come visit and navigate your way around. We have the following categories on information and resources

<b>COVID-19 UPDATES AND RESOURCES:</b> Updates on current COVID ministry mandates and resources COVID specific.	<a href="#">Link</a>
<b>ADVISORIES:</b> Travel and other advisories that could affect your assignment.	<a href="#">Link</a>
<b>BOOK CLUB:</b> A collection of amazing books recommended by our staff and other healthcare professionals for great reads while on assignment.	<a href="#">Link</a>
<b>CLINICAL RESOURCES:</b> Amazing clinical resources provided by our clinical team, here you will find nursing best practice and educational resources.	<a href="#">Link</a>
<b>STORIES FROM THE ROAD:</b> These stories come from you! We love to hear about how your assignments are going and share your stories from the road.	<a href="#">Link</a>

# Finding COVID-19 Information



<p><b>World Health Organization (WHO)</b> <i>Updates, travel advice, frequently asked questions, situation reports and more.</i></p>	<p><a href="#">Link</a></p>
<p><b>Public Health Agency of Canada (PHAC)</b> <i>Information from the government of Canada including the current situation with COVID-19, your health, financial support, travel, safety and information specific to the public and health professionals.</i></p>	<p><a href="#">Link</a></p>
<p><b>BC Centre for Disease Control (BCCDC)</b> <i>Information on what to do if you suspect you have the COVID-19 virus and how to protect yourself, your family and your community.</i></p>	<p><a href="#">Link</a></p>



# Your Well-being

To achieve mindfulness and relieve from the stress of a busy day, practice the following:

- ✓ Yoga
- ✓ Exercise

## Resources for Meditation

<p><b><i>Finding Hope in Uncertain Times:</i></b> Free Oprah &amp; Deepak 21-day meditation experience</p>	<a href="#">Link</a>
<p><b><i>Do Nothing for Two Minutes:</i></b> Take a two-minute break and just listen to the waves. Every time you move your mouse or touch your keyboard, the timer restarts</p>	<a href="#">Link</a>
<p><b><i>Trauma Tapping Technique:</i></b> Information on how to use this proven self-help method for calming emotional responses related to stress and traumatic experiences</p>	<a href="#">Link</a>
<p><b><i>Self-Compassion:</i></b> Free access to guided meditations and self-compassion exercises including writing, self-talk and supportive touch</p>	<a href="#">Link</a>

## Resources for Yoga

<p><b><i>Down Dog Yoga:</i></b> Access more than 60,000 HIIT, barre, 7-minute workouts and yoga, including beginner and prenatal classes for free until 1<sup>st</sup> July</p>	<a href="#">Link</a>
<p><b><i>Yoga with Adriene:</i></b> Free yoga videos for all levels, genders, bodies and souls</p>	<a href="#">Link</a>
<p><b><i>Nike Training Club:</i></b> Usually a paid app, NTC is currently free until further notice and offers a variety of classes for yoga, cardio, HIIT, strength training and running</p>	<a href="#">Link</a>

## Resources for Workouts

<p>Fun, upbeat workouts for all levels</p>	<a href="#">Link</a>
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# Feeling artistic?

## Try Painting and Let Your Creativity Do the Rest

<b>Art Journaling:</b> Express your emotions through art	<a href="#">Link</a>
<b>DIY Art Projects:</b> Free yoga videos for all levels, genders, bodies and souls	<a href="#">Link</a>
<b>Recolour:</b> Colour more than 4,000 images on your smart device	<a href="#">Link</a>
<b>ArtyFactory:</b> Free art lessons designed to share the knowledge, understanding and experience of art to improve your artistic skills and to increase your enjoyment in creating artworks	<a href="#">Link</a>

## Performing Arts with Social Distancing

<b>Social Distan-Sing with Choir! Choir! Choir!:</b> Sing along with this online Canadian choir via live events on Facebook. No fees, auditions or ability to read music required	<a href="#">Link</a>
<b>Fender Play Through:</b> Three months of guitar, bass and ukulele lessons for free!	<a href="#">Link</a>
<b>Gaga Movement Language:</b> By donation dance classes and workshops for dancers and people of all backgrounds	<a href="#">Link</a>
<b>Dancing Alone Together:</b> Attend live streaming dance classes including ballet, contemporary and jazz	<a href="#">Link</a>

## Book Lovers

<b>Join our Book Club</b>	<a href="#">Link</a>
<b>Libby, by OverDrive:</b> Free access to library eBooks and audiobooks	<a href="#">Link</a>
<b>Vancouver Public Library:</b> Apply online for a library card today!	<a href="#">Link</a>
<b>Search for public libraries in your province and get your library card online</b>	

# YOU ARE A WARRIOR!

## Stay Resilient

<p><b>Mind Control</b> Managing Your Mental Health During COVID-19 (online course)</p>	<a href="#">Link</a>
<p><b>Managing Stress and Anxiety from COVID-19</b> An online course</p>	<a href="#">Link</a>
<p><b>The Crisis Kit</b> 5 tools for helping clients through turbulent times</p>	<a href="#">Link</a>
<p><b>Anxiety Canada</b> Resources and strategies to help you cope with anxiety, including being uncertain about the future, getting sick, feeling isolated, talking with young children, etc.</p>	<a href="#">Link</a>

# Up for an Adventure?



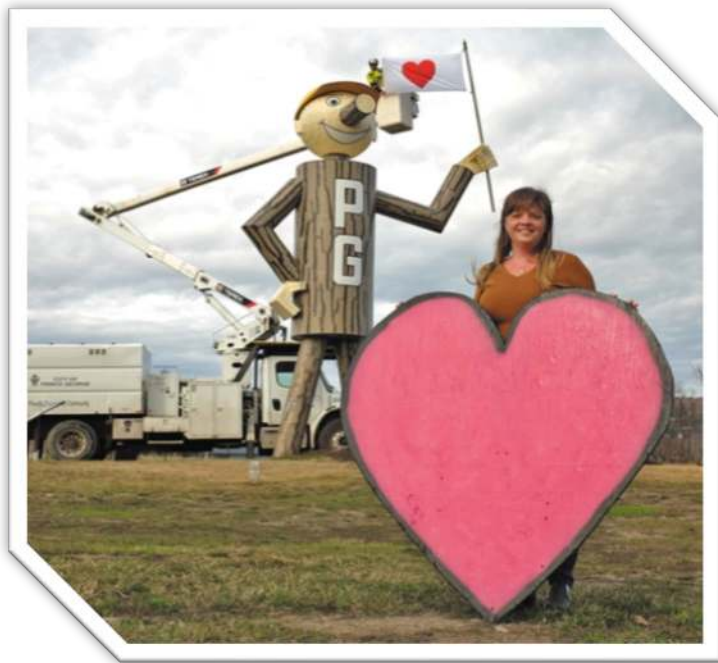
## Go Virtual

<p><b>Virtual Disneyland slides</b> Enjoy the Disney land rides from your couch</p>	<a href="#">Link</a>
<p><b>Virtual escape rooms</b> Escape alone or with friends</p>	<a href="#">Link</a>
<p><b>Best virtual reality experiences</b> Find out the 8 most amazing virtual experiences from around the world</p>	<a href="#">Link</a>
<p><b>Getty Museum Challenge</b> Recreate paintings from the museum</p>	<a href="#">Link</a>

# Free Educational Resources

Update Your Knowledge	
<a href="#">Focused Education Preparation Advancing Frontline RNs</a>	<a href="#">Link</a>
<a href="#">HIV courses from the Center of Excellence</a>	<a href="#">Link</a>
<a href="#">Training for Healthcare Professionals to find CDC courses on COVID-19 topics:</a> Learn about clinical care, appropriate use of personal protective equipment (PPE) & emergency preparedness	<a href="#">Link</a>
<a href="#">Nursing Home Infection Preventionist Training Course: Earn free CE!</a>	<a href="#">Link</a>
<a href="#">Certifying Deaths Due to COVID-19: An upcoming webinar</a>	<a href="#">Link</a>

## The Awwwwwwwwwws!



<b>#heartsofpg</b> People are posting hearts in the windows of their houses in gratitude to all front-line workers. Below is the picture of Bailey Garouse, the creator of Hearts of PG along with Mr. PG displaying his new heart flag.	<a href="#">Link</a>
<b>Good News!</b> While the news channels are flooded with COVID-19 stats, John Krasinski is sharing	<a href="#">Link</a>