

AN ESSENTIAL PART OF THE *PPE FOR YOUR MIND™* SERIES

Tenna
FOUNDATION



**PPE FOR
YOUR MIND**

**FRONTLINER'S FIELD GUIDE
QUICK REFERENCE**

WELCOME TO
PPE FOR YOUR MIND



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BEFORE
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**



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





**IT'S OKAY TO
TALK ABOUT
YOUR FEARS**



**IT'S OKAY TO
TALK ABOUT
YOUR CHALLENGES**



**IT'S OKAY TO
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

**SET REALISTIC
EXPECTATIONS
FOR YOURSELF**

**SET REALISTIC
EXPECTATIONS
FOR FAMILY**

**SET REALISTIC
EXPECTATIONS
FOR COWORKERS**

PART 2 ADDITIONAL RESOURCES

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[FIELD GUIDE: PART 2 VIDEO](#)

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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.



IN HONOUR OF TEMA, WE CLIMB
TOWARD A BRIGHTER FUTURE

FOR THOSE ON THE FRONTLINES

FIGHTING THE INFINITE
CHALLENGES WE FACE

TOGETHER AS ONE



— *THE CONTER FAMILY* —

**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.



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THE TEMA MODEL OF SUPPORT FOR FAMILY & PEERS



TAKE ACTION

ENGAGE IN DISCUSSION

MAKE MEANINGFUL CONNECTIONS

ACCESS HELP

TAKE 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–



MEANINGFUL 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 –



**WE HONOUR TEMA BY
HEALING EACH OTHER**

PART 3 ADDITIONAL RESOURCES

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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 –

WHEN WE KNOW
WE'RE NOT OKAY
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

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



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MICCO
c o m p a n i e s

MHIN | Mental Health
Innovation Network

n | s | b | i
Nova Scotia Business Inc.

**Mental & Health
Foundation**
of Nova Scotia



STAY WELL
STAY SAFE
STAY STRONG

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



**BE THE
LINK**

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