

The Practising Well Community of Practice

Challenging times: Managing our mental health during the pandemic.

March 5, 2021

The Practising Well Community of Practice is an intentional conversation for shared learning hosted by the OCFP. The Practising Well Community of Practice is one component of the **OCFP's Practising Well Program**. You can reach us by email at practisingwell@ocfp.on.ca.

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**. It is an active and engaged online community that gives you access to a deep well of knowledge to make your practice easier today, and to improve it in the future.

At the core of Practising Well are three distinct, yet interrelated, parts:

- The Practising Well Community of Practice
- The Practising Well Information Exchange [coming soon]: An easy-to-navigate online repository of information.
- The Practising Well Peer-to-Peer Connect [coming soon]: An opportunity to partner with another family physician in a one-on-one setting, and share experiences and best practices.

General Resources

- Practising Well
<https://www.ontariofamilyphysicians.ca/education/practising-well>
- Ontario College of Family Physicians
<https://www.ontariofamilyphysicians.ca/>

Shared Resources

Ontario Medical Association

- Physician Health Program - <https://php.oma.org/>
- Burnout Podcast Series - <https://www.oma.org/member/practice-professional-support/physician-health-wellness/burnout/>
- Mental Health in the Context of COVID-19 Webinar Recording - <https://www.oma.org/member/practice-professional-support/covid-19/your-health-well-being/>

Canadian Medical Association

- Covid 19 Learning Series - <https://joulecma.ca/joule-covid-19-learning-series>
- Physician Wellness Hub - <https://www.cma.ca/physician-wellness-hub>
- Wellness Connection - <https://community.cma.ca/en/wellness-connection/p/virtual-group-support-sessions>

Psychological First Aid Tools for COVID-19

<https://www.drkostenuik.com/psychological-first-aid-tools-abc12>

Dr. Marcia Kostenuik website

www.drkostenuik.com

ECHO Coping with COVID

<https://camh.echoontario.ca/echo-coping-with-covid/>

Meditation and Mindfulness

- Practising Meditation - <https://palousemindfulness.com/>
- Free online mindfulness classes for those in healthcare - <https://www.pause4providers.com/live-schedule>