

IN IT TOGETHER

This document is a list of helpful resources curated weekly for physicians by Medical Affairs' Physician Leadership Development. Please reach out to [Shawn Jolemore](#) or [Lorie Campbell](#) with your comments, questions, or suggestions for additional content.

Leadership and Wellness supports for Physicians during COVID-19

Free Virtual Coaching, Wellness Check-ins, & Live Supports

Individual Executive Coaching for Physician Leaders

Medical Affairs' Executive Leadership Coach, Lorie Campbell, provides 30 or 60-minute focused, one-to-one virtual executive coaching sessions for formal physician leaders. [Email](#) to book a time.

Daily Physician Wellness Check-In

Join your physician peers, Drs. Jaqueline Kinley and John Chiasson for a daily online meeting to chat about coping strategies and mental health concerns. Meetings are M-F at 12 p.m. and are open to all physicians. Join [Zoom Meeting](#).

Psychological Services

The Canadian Psychological Association has called on its members to provide free psychological services to front line health care providers who may be feeling stressed, overwhelmed or distressed by being on the front lines of this health crisis. A listing of psychologists (by province) can be found [here](#).

DNS Professional Support Program

Doctors Nova Scotia (DNS) provides confidential peer-to-peer support for members and their families who are dealing with personal or professional problems. Call 902-468-8215 or 1-855-275-8215 (toll-free) or by [email](#). LifeWorks by Morneau Shepell is also available to members and their families affected by the events in Portapique and surrounding communities. The crisis support line is open 24-7. Call 1-844-751-2133.

Webinars & Online Learning

Live and Recorded

Setting Personal and Professional Priorities in the Midst of Pandemic

April 27 from 4-5 p.m. with Dr. Lara Hazelton. [Join Zoom Meeting](#). Password if prompted: 050891

Preparing for Crisis: A Healthcare Professional's Guide to Emotional Health

April 29 from 4-5 p.m. with Dr. Angela Cooper. [Join Zoom Meeting](#). Password if prompted: 050891

How Do I Manage Stress in My Relationship?

May 1 from 4-5 p.m. with Dr. Joe Sadek. [Join Zoom Meeting](#). Password if prompted: 050891

Leadership for Lunch: Talking About Trust: An Exploration of BRAVING, Brene Brown's Tool for Having More Effective Conversations About Trust.

Wednesday, April 29 12:00-1:00 pm with Basia Solarz, Communication & Conflict Competence Consultant. [Email Dana2.Jakeman@nshealth.ca](#) to register

Free Virtual Fitness Classes

The QEII Fitness Committee currently offers free virtual fitness classes (via Zoom) weekdays at 12:05 p.m. with instructor Kaycie (via Zoom). Email [Jessica.Howe@nshealth.ca](#) if you want to receive weekly meeting links to the classes, and to be added to the distribution list.

COVID-19 Online Resources

Resources for staying well during COVID-19

The Canadian Medical Protective Association (CMPA) has compiled a [comprehensive resource list](#) for front-line health care workers.

Maintaining your and your family's well-being during a pandemic

[Helpful resources](#) from the Canadian Medical Association, including videos, tip sheets, and more.

Canadian Society for Physician Leaders (CSPL) Bulletins

In view of the COVID-19 crisis, the CSPL is committed to providing short and practical [bulletins](#).

Royal College Wellness resources for health professionals

The Royal College of Physicians and Surgeons of Canada has compiled some [wellness resources](#) from around the web to support Fellows who are providing high quality patient care under challenging circumstances.

Mental Health Commission of Canada Covid-19 Resources

Self-care and resilience guides as well as other focus areas related to COVID-19 found [here](#).

Supporting Patients' Mental Wellness During COVID-19: Advice for Health Care Professionals

A [resource](#) from NSHA Primary Health Care.

Preparing for a Crisis Resource

Developed by Dalhousie Family Medicine Psychologist, Dr. Angela Cooper, and her colleague, Dr. Jess Bolton. Part one is available [here](#).