

8 Domains of Well-Being... COVID-19 Style!

Unquestionably, these are tough days. The COVID-19 pandemic has required us to make significant changes professionally and personally, in a very short period of time, while also attending to our feelings around the disease. For many of us, we may be having trouble partaking in usual activities that support our well-being. This resource was designed to help stimulate ideas for well-being activities during COVID-19.

The idea came during our well-being discussion during the Ontario Veterinary College's Resilience Rotation for fourth year DVM students in March. (This is a 1-week elective rotation involving well-being and resilience instruction in an experiential learning format). Instead of brainstorming well-being activities during "normal times", the students and I decided to create a list of activities that could be done within COVID restrictions. The list took on a life of its own from there, as so many individuals and organizations are sharing great ideas for well-being! I would like to thank the following students for their contributions: **Alison Brennan, Jacqueline Brooks, Aime Brown, Werdah Iqbal, Clarissa O'Sullivan, Andrea Patterson, Alyssa Rice, and Salomon Schroeter**. I would also like to thank the talented **Dr. Alex Sawatzky** for her incredible artistic design and drawings.

The resource is based around Peggy Swarbrick's *Model of Wellness* (pswarbrick@cspnj.org) – it is a terrific resource for those who may be looking to learn more. I think it is really important (especially right now) to point out that we don't need to attend to ALL domains at once, or all proposed activities. Instead, we can choose those activities that most appeal to us and make whatever small changes are within our control. And it is essential that we be compassionate with ourselves during the process. Whatever we are able to do is great, regardless of the size of the change. Even small changes can be very powerful! They can induce feelings of positivity, personal control, and a sense of agency – and small changes can add up to something really impactful.

I hope this guide is helpful. I'm rooting for you.
Andria Jones-Bitton

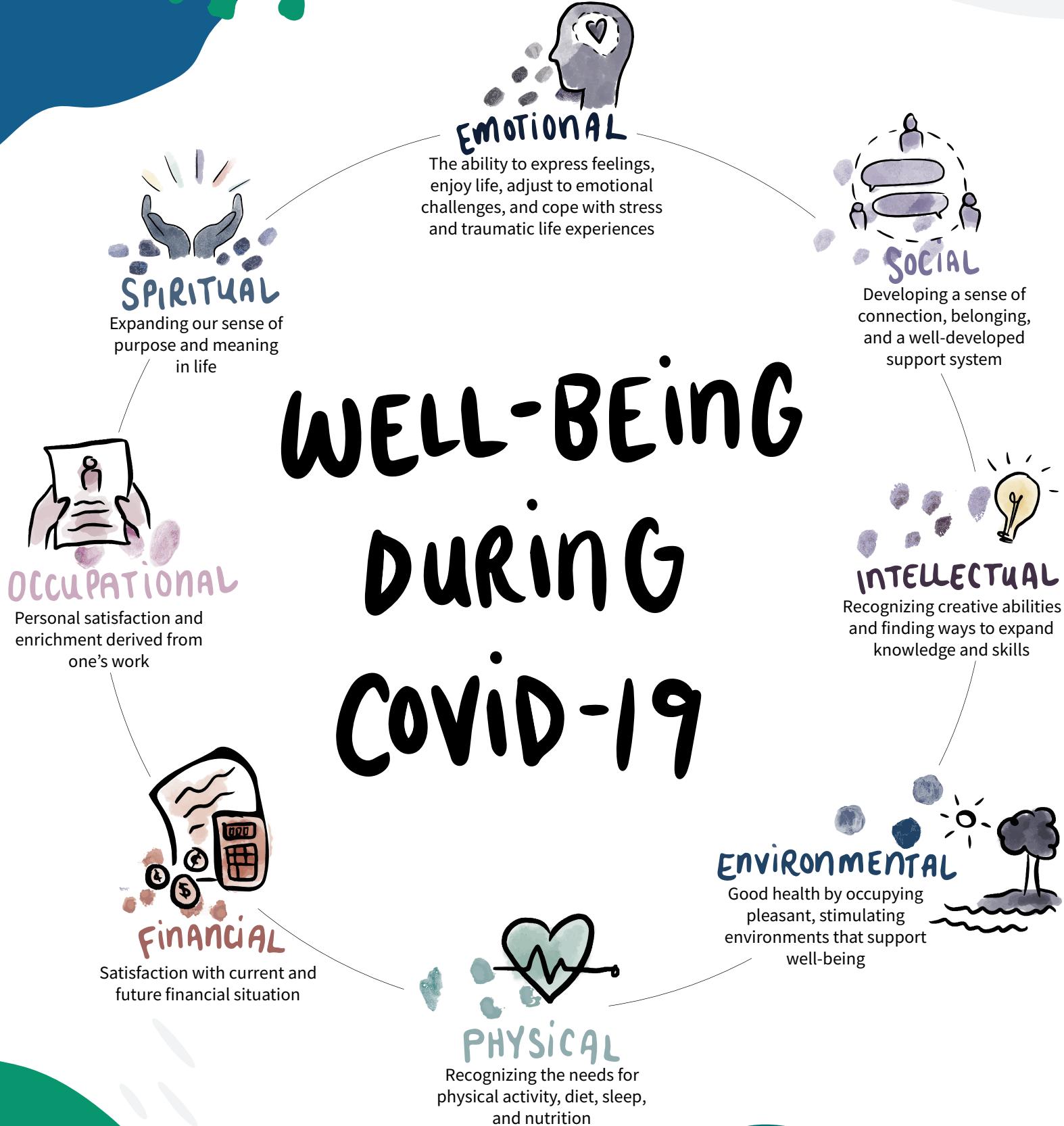
Contact:

Dr. Andria Jones-Bitton
Associate Professor, Department of Population Medicine
Director of Well-Being Programming, Ontario Veterinary College
University of Guelph
Email: ajjones@uoguelph.ca

Artistic Design:

Dr. Alex Sawatzky
Illustrator and Designer
Email: as@alex-sawatzky.com

Disclaimer: This resource is not intended to be medical advice, and is meant for personal educational purposes only.



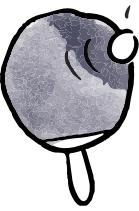
Reference: Swarbrick and Yudorf, 2015

Contact: Dr. Andria Jones-Bitton, Ontario Veterinary College

Artistic Design: Dr. Alex Sawatzky

EMOTIONAL WELL-BEING

The ability to express feelings, enjoy life, adjust to emotional challenges, and cope with stress and traumatic life experiences*
during COVID-19



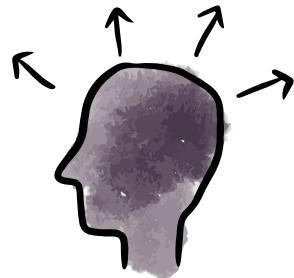
Gratitude ping-pong – with a partner, take turns saying things you are grateful for, trying not to repeat answers, for 5 minutes. note how you feel afterward!



Journaling for [well-being](#).



Meditation apps (e.g. [Headspace](#), [Calm](#)) or websites (e.g. [Centre for Mindfulness Studies](#), [The Awake Network](#) has a great list of free meditation resources).



Be mindful – there are lots of ways to practice mindfulness. For example, try being present and paying attention to your pets when you pet them. Or, try to be fully present when you're eating.



Setting a daily media / news limit to avoid feelings of overwhelm. Ask a friend to notify you if you're worried about missing something important.



Write your own [gratitude letter](#). Learn more about gratitude from [Mindful](#).



Books (e.g. Neil Pasricha's "[You are Awesome: Navigate Change, Wrestle with Failure, Live an Intentional Life](#)"; Humble the Poet's "[Things No One Else Can Teach Us](#)"; Gary John Bishop's "[Unf*ck Yourself: Get Out of Your Head and Into Your Life](#)"; anything by [Brené Brown](#)).



Listen to your favourite music or enjoy a [live stream of a virtual concert](#).



Mind-body techniques; breathing for stress reduction (e.g. [Heart Rate Variability apps](#); [HRV4Training app](#); Kathy Somers' [website](#)).



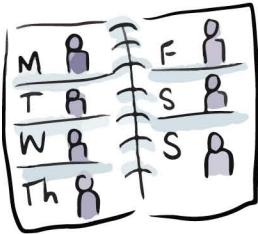
Self-compassion: recognize that we can't do everything we are used to doing; recognize that we are all in the same situation and it is okay; treat ourselves with kindness (speak to ourselves as we would speak to others). Check out [Dr. Kristin Neff](#) for self-compassion exercises, including a [free video series](#).

* [Swarbrick and Yudorf, 2015](#)

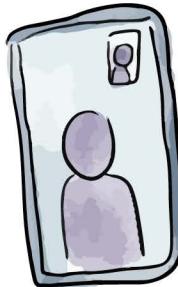


SOCIAL WELL-BEING

Developing a sense of connection, belonging, and a well-developed support system* during COVID-19



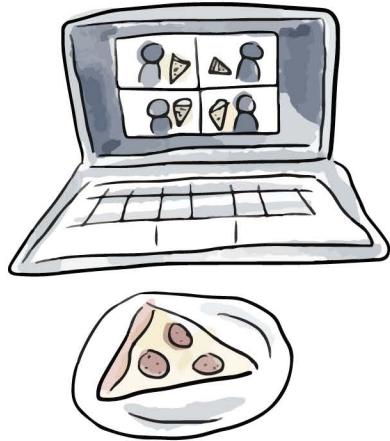
Connect with at least one friend daily (we can even catch up with those friends we may have lost touch with).



Connect via phone calls or video calls for more meaningful engagement than texting.



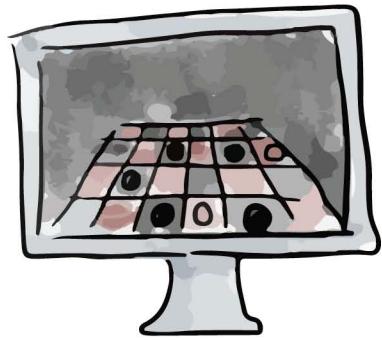
Start an [online book club](#).



Get together with friends virtually (e.g. Facetime, Zoom, Outlook Teams). Consider preparing your meals at the same time, or studying “together”.



Download Chrome extension '[Netflix Party](#)' to watch Netflix with friends who are situated elsewhere.



Play online games together (e.g. [board games](#); [Tabletop Simulator](#)).

* [Swarbrick and Yudorf, 2015](#)