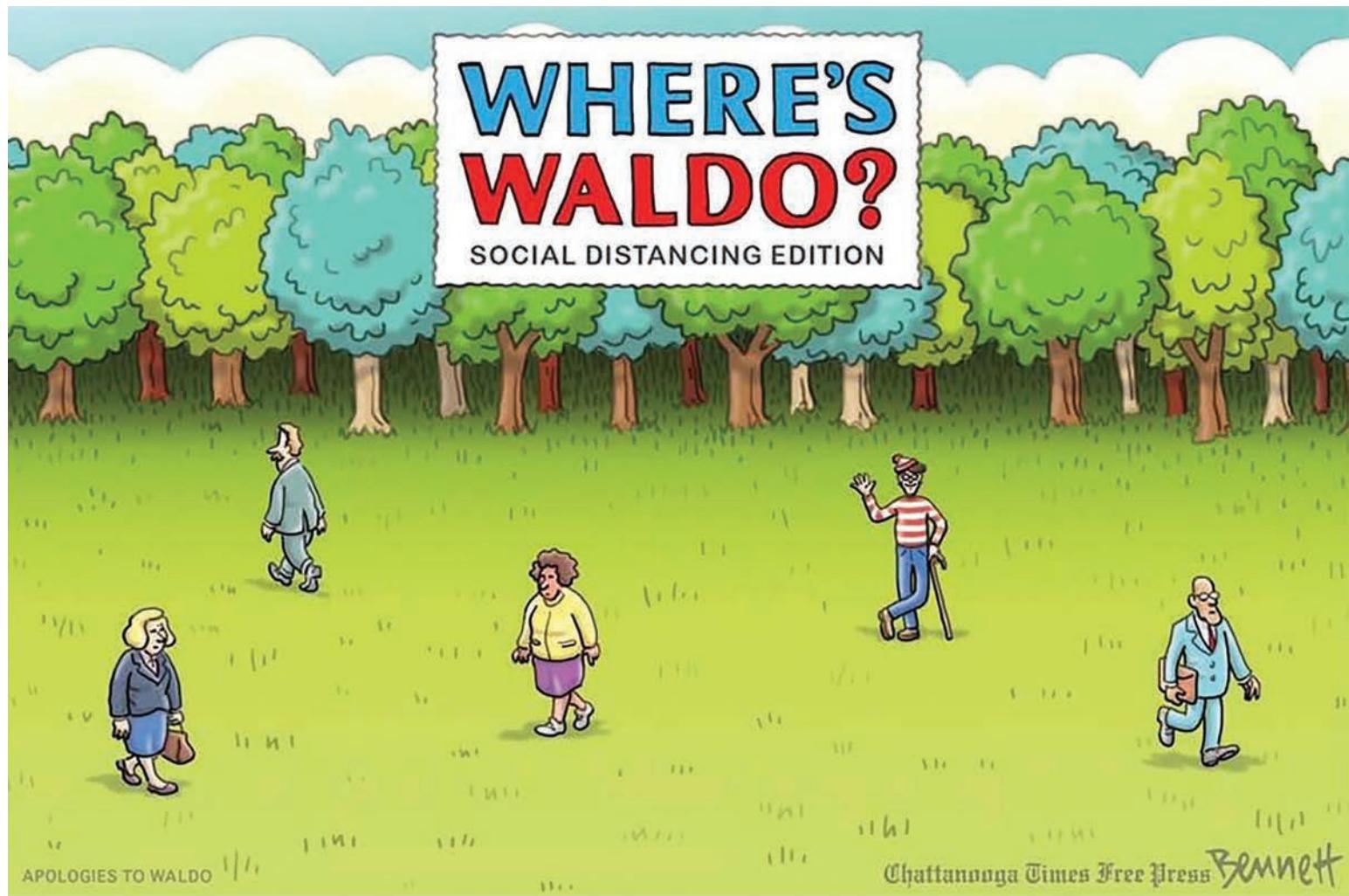


# IMAGINE!

## ECHO PROGRAM NEWSLETTER SOCIAL DISTANCE (CONNECT)ING EDITION



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Canadian Mental  
Health Association  
Vancouver-Fraser  
Mental health for all

Dear ECHO members, partners, & communities,

Amidst these times there is so much to say and discuss, yet at the same time, there is also so much to reflect on, ponder, envision, and choose. It is within this climate where our connections - with the world around us, and our efforts to heal/grow/persist within us - have collided in an extraordinary storm. We hope for you and for the entire world - that from this collision and tension - eventually comes rainbows, and solace.

In the face of such states of confusion, anxiety, and even grief, we endeavor to hope and connect. Imagine the possibilities.

Our ongoing newsletters are a humble attempt to bring some lightness to your days, try to reflect diverse voices of our members, partners and communities, showcase contributions and creativity, share pertinent news and information, and perhaps even bring about a laugh or two!

Sincerely,  
ECHO Staff Team



#### **Newsletter Production**

Shakeel L. (Editor / Design)

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## Response to COVID-19

These past few weeks have been very challenging and difficult for all of us. We encourage you to take care of yourself and stay current by following the news and updates as new health and government announcements are made.

As the situation related to COVID-19 continues to evolve, CMHA-VF continues to evolve our responses. The safety of program participants and staff is of utmost priority. Ensuring we continue to connect with and support our program participants is our next priority.

As we all feel increased stress and uncertainty, know that we are here for you. We walk beside you. Now more than ever support for people with mental illness and supporting all people's mental wellness is important.

We continue to provide services and resources to our members, clients and supporters. We find ourselves doing so through phone, online and other virtual communications. In consultation with other CMHA branches, we are exploring webinar and podcast opportunities and virtual platforms which may help us in delivering services to the community at large.

Our services are changing in response to the current reality and every day we see new opportunities to engage with our clients, providing physically safe ways to do so.

Please continue to check in with us for updates and we continually look for creative ways to offer support and connection.

Please take care of yourself and each other through this time of uncertainty and change.

*Michael Anhorn,  
Executive Director*

**CMHA - Vancouver  
Fraser Branch**

# ABOUT CORONAVIRUS DISEASE (COVID-19)

## WHAT IT IS

**COVID-19 is an illness caused by a coronavirus.**

Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold.

## SYMPTOMS

Symptoms may be very mild or more serious. They may take up to 14 days to appear after exposure to the virus.



FEVER



COUGH



DIFFICULTY BREATHING

## HOW IT IS SPREAD

Coronaviruses are most commonly SPREAD from an infected person through:

- ▶ respiratory droplets when you cough or sneeze
- ▶ close personal contact, such as touching or shaking hands
- ▶ touching something with the virus on it, then touching your eyes, nose or mouth before washing your hands

These viruses are not known to spread through ventilation systems or through water.

## PREVENTION

The best way to prevent the spread of infections is to:

- ▶ wash your hands often with soap and water for at least 20 seconds
- ▶ avoid touching your eyes, nose or mouth, especially with unwashed hands
- ▶ avoid close contact with people who are sick
- ▶ when coughing or sneezing:
  - cover your mouth and nose with your arm or tissues to reduce the spread of germs
- ▶ immediately dispose of any tissues you have used into the garbage as soon as possible and wash your hands afterwards
- ▶ clean and disinfect frequently touched objects and surfaces, such as toys, electronic devices and doorknobs.
- ▶ stay home if you are sick to avoid spreading illness to others

## IF YOU HAVE SYMPTOMS

If you have SYMPTOMS of COVID-19 — fever, cough, or difficulty breathing:

- ▶ stay home to avoid spreading it to others
  - if you live with others, stay in a separate room or keep a 2-metre distance
- ▶ call ahead before you visit a health care professional or call your local public health authority
  - tell them your symptoms and follow their instructions
- ▶ if you need immediate medical attention, call 911 and tell them your symptoms.

## FOR MORE INFORMATION ON CORONAVIRUS:

1-833-784-4397

@ [canada.ca/coronavirus](http://canada.ca/coronavirus)



Public Health  
Agency of Canada

Agence de la santé  
publique du Canada

Canada

Full size poster and additional fact sheets available at:

[www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html](http://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/awareness-resources.html)

# SELF-CARE + FUNNIES!

**I CANNOT CONTROL**  
(So, I can LET GO of these things.)

- IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING
- THE ACTIONS OF OTHERS
- PREDICTING WHAT WILL HAPPEN
- OTHER PEOPLE'S MOTIVES

**I CAN CONTROL**  
(So, I will focus on these things.)

- MY POSITIVE ATTITUDE
- HOW I FOLLOW CDC RECOMMENDATIONS
- MY OWN SOCIAL DISTANCING
- LIMITING MY SOCIAL MEDIA
- MY KINDNESS & GRACE
- FINDING FUN THINGS TO DO AT HOME
- TURNING OFF THE NEWS
- HOW LONG THIS WILL LAST
- HOW OTHERS REACT

Clipart: Carrie Stephens Art  
ThrCounselingTeacher.com



## HOW TO TOUCH YOUR FACE LESS

The average person touches their face over 20 times per hour. Breaking this habit is really, really difficult. It's so ingrained in what we do, it should be considered human behavior, not a bad habit. That being said, there are still ways to learn to touch your face less. These tricks are stopgaps intended to train your foul little fingers to stop prodding that extraordinary, marvelous face of yours.

### Touch a different body part

Creating a counter-behavior is a proven way to break a bad habit. Every time you feel the need to touch your face, try touching your arm instead.



I am touching my muscles...  
for safety.

### Hold a toy

Try holding a (disinfected) Rubix Cube, stress ball, or action figure. This will keep your hands busy and cut down on the number of times you touch your face.



Play with me. Play with He-Man.  
Do it for the greater good.

### Wear a stupid thing

Put on a wristband, costume jewelry, or even colorful rubber bands. This won't stop the spread of disease, but it's a clever way of interrupting your brain's bad habit of jamming your fingers into your eyes, nose, or mouth.

A foreign object can act as a sensory cue that helps turn an unconscious habit into a conscious one. It's a way of telling your brain to pay attention to this strange phenomenon happening on your hand.



Don't do it, Chery.  
Don't put me into that dark hole again.

\* Just be sure to remove and wash the object every time you wash your hands.

### Acknowledge the urge

Simply reminding yourself not to touch your face isn't going to get you anywhere. Suppressing urges only makes them worse. Instead, acknowledge the urge and then practice your counter-behavior.



I am once again touching my  
extraordinary muscles...  
for safety.

### Use a tissue to touch your face.

And wash your hands first, otherwise you're just touching your face with a contaminated tissue.



### Remember: your fingers are like pigeons.

they are dirty, mindless creatures.  
And unless properly trained,  
they will wander.



Oh my Cindy,  
you're making big poops today!

The Oatmeal



THEY SAID A MASK AND GLOVES WERE ENOUGH TO GO TO THE GROCERY STORE

THEY LIED, EVERYBODY ELSE HAD CLOTHES ON

# RESOURCES

**BC CRISIS CENTRE** - non-profit volunteer organization committed to helping people help themselves and deal with crisis. 24 hours a day, 7 days a week the Crisis Centre provides emotional support to youth, adults and seniors in distress.

Call: 604-872-3311 (Greater Vancouver)

Call: 604-872-1234 (Seniors Distress)

Call: 310-6789 (Mental Health Support B.C.) \*no area code

**HEALTH LINK BC** - includes up-to-date announcements from the public health authorities as well as other pertinent information

[www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19](http://www.healthlinkbc.ca/health-feature/coronavirus-disease-covid-19)

Call: 8-1-1

**BC211** - is Vancouver-based non-profit organization that specializes in providing information and referral regarding community, government and social services in BC.

\*Includes newly announced additional support services for elders

[www.bc211.ca/](http://www.bc211.ca/)

Call: 2-1-1

**FOOD BANK** - expanded and Related Support Services

[foodbank.bc.ca/find-food/](http://foodbank.bc.ca/find-food/)

Call: 604-876-7323

**GOVERNMENT FINANCIAL AID** - programs in response to Covid-19 (e.g. income, rent, family care)

[www2.gov.bc.ca/gov/content/employment-business/covid-19-financial-supports](http://www2.gov.bc.ca/gov/content/employment-business/covid-19-financial-supports)

Call: 604-660-2421

Text: 604-660-2421

**HERE TO HELP** - information and resources from a group of seven leading mental health and substance use non-profit agencies

[www.heretohelp.bc.ca](http://www.heretohelp.bc.ca)

**ANXIETY CANADA** - for information and self-management strategies for anxiety

[www.anxietycanada.com](http://www.anxietycanada.com)

**BOUNCEBACK®** - skill building program (Online Version) for managing mood, and stress (considering adding a telephone support line resource as well)

[bouncebackbc.ca/register/](http://bouncebackbc.ca/register/)

Call: 1-866-639-0522

**MINDSHIFT™ CBT** - employs scientifically proven strategies based on Cognitive Behavioural Therapy (CBT) to help users learn to relax and be mindful, develop more effective ways of thinking, and use active steps to take charge of their anxiety.



CHRISTINE

Sansa and I say hello. I am spending more time with my cats Sansa and Patch. I am taking photos of flowers that I planted and enjoy sharing them with friends and family that still have snow across the country.

It has been hard not seeing family, but FaceTime has provided the opportunity to connect with my grandson. Yes I have a grandson, he is 1 1/2 and might not really understand FaceTime but it was great for us to see him.

We are all learning to live in this different world. We will get through this together.



SYLVIA

Hey Everyone!

These have been a strange couple weeks, and I have been missing all of you and the interactions that we have within the walls of the clubhouse. I have been quarantined at home since March 16 and know first-hand how challenging it can be to physically isolate from one another. That said, I have been leaning on my wellness tools of meditation and breathing exercises to help me navigate the anxiety that is natural during this challenging time.

I look forward to continuing to be able to connect with you – be it email, phone or text – and know that will these are no doubt challenging times, you are all resilient individuals whom will no doubt use this times to nourish that which you already possess within to come out stronger.

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and freedom" – Viktor Frankl

Sending you all light and love.

## SHOUT OUT'S FROM THE ECHO STAFF TEAM!



JENN

Hey everyone,  
I am still baking (although not as healthy as the stuff at the clubhouse) I am hoping to have a bunch of new ideas for Baking Group once the clubhouse site reopens. I am also hanging out with my new pup Nigel as much as possible. Unfortunately I tried to get a photo with him but Nigel isn't the biggest fan of the camera.



MEREDITH

Hi Everyone,  
Here is a picture of me making coffee on a rock in the woods. I took out my camping stove and boiled water while listening to the waterfalls.

To keep myself well I am walking a lot, trying new recipes, working on playing guitar, and trying to learn Swedish on Duolingo just for fun. Hot tip: If you have data it is a free app you can use to learn languages. I am also calling my family and friends a lot and trying to maintain connections while isolating. Can't wait to see you all again soon and show off my Swedish skills (haha). Wishing you all health, happiness, and strength during this time.



PAUL

Hi everyone!

During this difficult time I like to spend time with my family. I also like to do physical activity to help with wellness, including stretching, taking my dog, 'King,' for walks and riding my bicycle.

Stay safe.



SHAKEEL

Yo everyone!

As this storm transpires at a frenetic pace, fraught with ambiguity, I am hanging on like I was 'Santiago and his Marlin,' (The Old Man & The Sea). I reach out to loved ones over telephone/video as if I was 5 with a few cans and string. I strength-train (flailing) in the living room of my partner's apartment lifting whatever I can find (perhaps even her!). I try to get outside if even just huddled up on my public transit commute - trying to abide by distancing protocol - while stealing an available moment to smile out the window or at others also trying to make sense of it all.

I will not catastrophize these times, nor will I romanticize them. I try to save my anger for the systems and structures that hold humanity down, while trying to share kindness and patience with everyone else trying to get through the day-to-day.

I hope you're hanging in there, and even if struggling, hope that you find moments to reflect and a shred of peace along the way.  
stay up/

"Not everything that is faced can be changed, but nothing can be changed until it is faced." -James Baldwin

# STUDENT PRACTICUM LIFE!

## SHOUTOUT TO MARLOW!

*ECHO Practicum Student from Douglas College's Social Work Program*

The ECHO Team was not able to get a greeting message from Marlow before our newsletter production deadline but when we get it we'll be sure to publish it in the next edition!

Having Marlow join us at ECHO has been an amazing, informative, and fun experience! Marlow has a wealth of experience, insight, and genuine humanity to share with everyone (and they do)! Marlow has supported members, built relationships, provided education and training, created and facilitated workshops, and assisted the staff throughout!

We look forward to seeing Marlow back at ECHO!



## Message from Micaela

*ECHO Practicum Student from Capilano's University Music Therapy Program*

Hi ECHO Clubhouse Members & Staff,

I hope everyone is staying safe and healthy during these great times of change. I wanted to make sure I could have a way to connect with you again and say my goodbyes, as my time at ECHO Clubhouse as a Music Therapy student has been cut short. First, I wanted to thank you. Thank you for welcoming me into your community. Thank you to the staff and volunteers who consistently supported my learning at ECHO. I feel so grateful that you were open to Music Therapy.

Members, thank you for being open to trying out Music Bingo and for always approaching it with excitement and interest. It was something I looked forward to every week. Thank you for rocking out to karaoke, for writing your own songs, for playing the instruments you love so beautifully. Thank you for sharing so many parts of yourselves with me and being brave enough to sing, play, or even just talking about music with me. I thought that sharing some of the lyrics from songs that I used for Music Bingo might bring some comfort during these unprecedented times:

"The answer, my friend, is blowin' in the wind  
The answer is blowin' in the wind"  
- "Blowin' in the Wind" by Bob Dylan

"I've looked at life from both sides now  
From win and lose and still somehow  
It's life's illusions I recall  
I really don't know life at all"  
- "Both Sides Now" by Joni Mitchell

"I'm on your side, oh, when times get rough  
And friends just can't be found  
Like a bridge over troubled water  
I will lay me down  
Like a bridge over troubled water  
I will lay me down"  
- "Bridge over trouble water" by Simon and Garfunkel

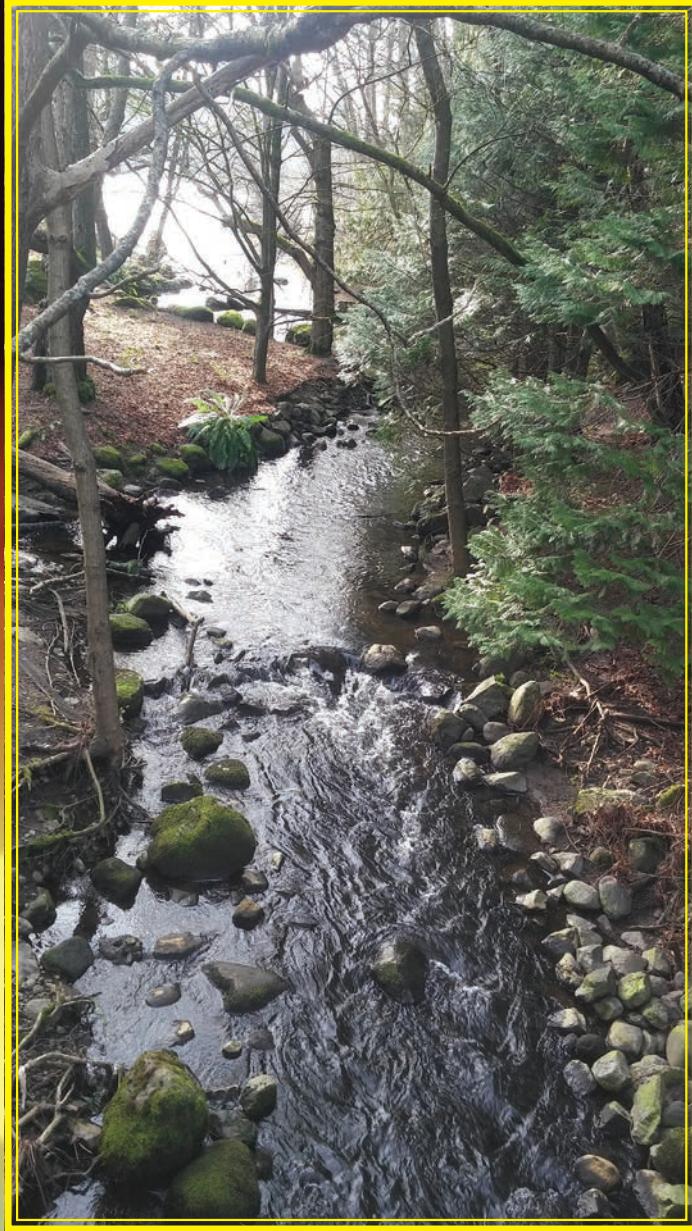
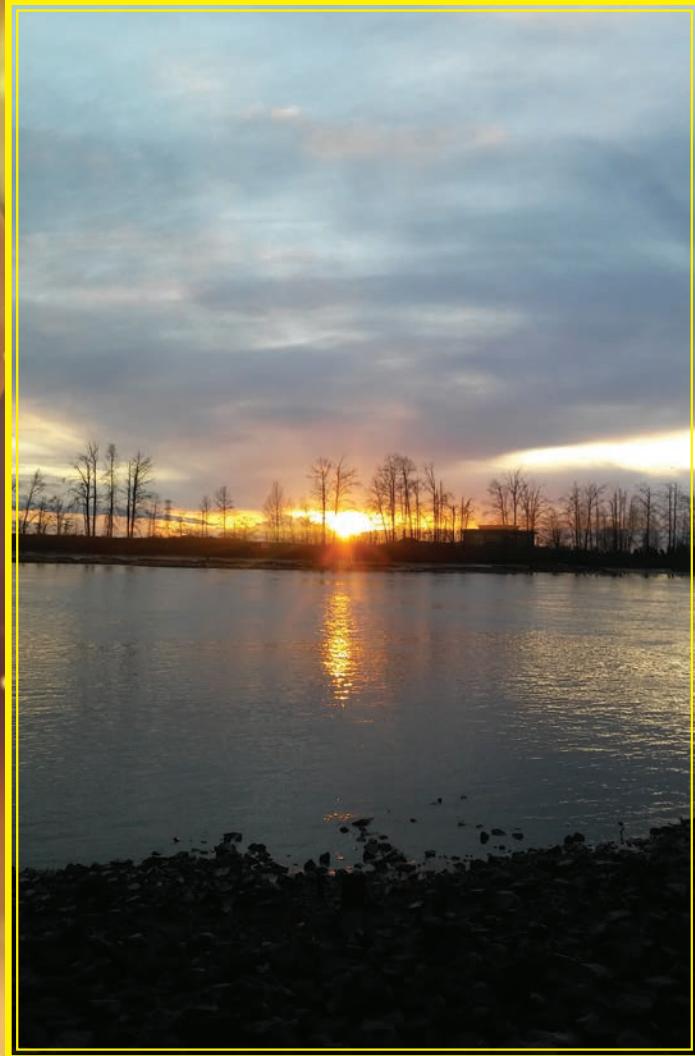
"Don't stop thinking about tomorrow  
Don't stop, it'll soon be here  
It'll be, better than before  
Yesterday's gone, yesterday's gone"  
- "Don't Stop" by Fleetwood Mac



I hope you'll take some time to listen to music, sing music, and share music with others. Music can be such a wonderful way of connecting, even if we can't be together in person. I'm wishing you all the best during these trying times and hope that your community stays strong and connected. Thank you for everything.

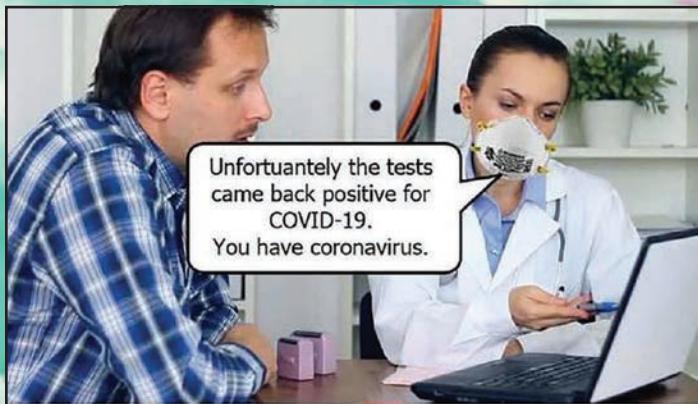
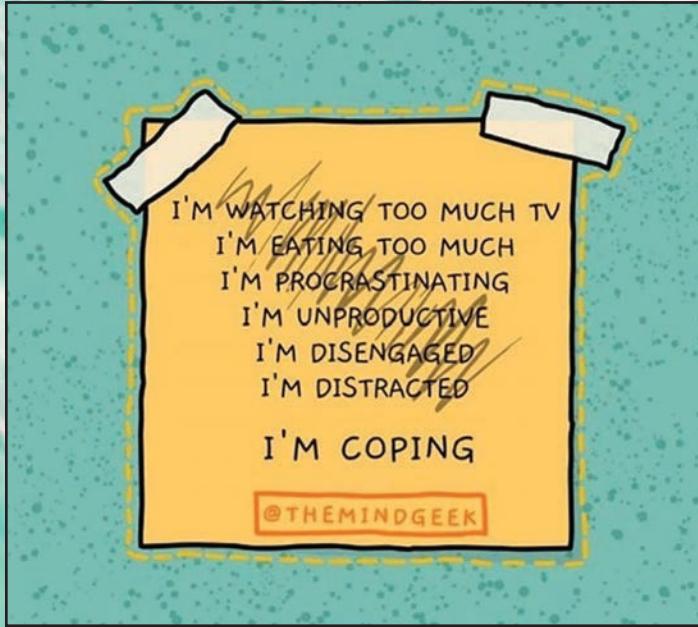
# MEMBER ART, WRITING & PHOTOGRAPHY!

**IMAGINE** is built from the creative expressions and contributions from ECHO members! If you would like to share any of your artistic creations please feel free to submit! Send us photos, photos of your work, and/or writing to: [echoclubhouse@cmha.bc.ca](mailto:echoclubhouse@cmha.bc.ca)



Photos and  
illustration  
by Karen B.

# MORE SELF-CARE + FUNNIES!



# I SEE A LIGHT IN THE DARKNESS



## ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

5 Get active.  
Even if you're stuck indoors, move & stretch

6 Contact a neighbour or friend and offer to help them

7 Share what you are feeling and be willing to ask for help

1 Make a plan to help you keep calm and stay in contact

2 Enjoy washing your hands. Remember all they do for you!

3 Write down ten things you feel grateful for in life and why

4 Stay hydrated, eat healthy food and boost your immune system

12 Immerse yourself in a new book, TV show or podcast

13 Respond positively to everyone you interact with

14 Play a game that you enjoyed when you were younger

15 Make some progress on a project that matters to you

16 Rediscover your favourite music that really lifts your spirits

17 Learn something new or do something creative

18 Find a fun way to do an extra 15 minutes of physical activity

19 Do three acts of kindness to help others, however small

20 Make time for self-care. Do something kind for yourself

21 Send a letter or message to someone you can't be with

22 Find positive stories in the news and share these with others

23 Have a tech-free day. Stop scrolling and turn off the news

24 Put your worries into perspective and try to let them go

25 Look for the good in others and notice their strengths

26 Take a small step towards an important goal

27 Thank three people you're grateful to and tell them why

28 Make a plan to meet up with others again later in the year

29 Connect with nature. Breathe and notice life continuing

30 Remember that all feelings and situations pass in time



ACTION FOR HAPPINESS

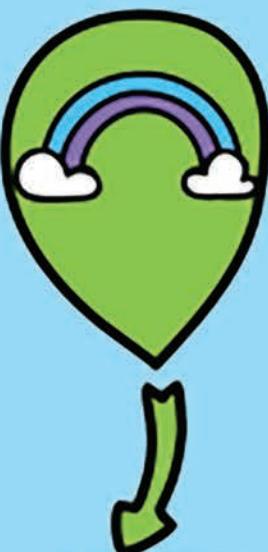


[www.actionforhappiness.org](http://www.actionforhappiness.org)

30 actions to look after ourselves and each other as we face this global crisis together

Keep Calm · Stay Wise · Be Kind

# DAILY SELF-CARE



PHYSICAL

EMOTIONAL

SOCIAL

SPIRITUAL

NOTES

the  
future  
is  
now