



PARTICIPANTS NEEDED

for Study of Long COVID Amongst
 People from Different Racialized
 Communities

Have you previously had COVID-19? Have your symptoms lasted more than 2 months? If yes, then you may be eligible to participate.



How it works

The entire study will:

- Take approximately 2 hours.
- Can be done virtually.

As a participant you will:

- Be asked to complete some questionnaires and some tests of abilities such as your memory and attention.
- Be asked to do an interview or take part in a focus group about how Long COVID is affecting your daily life.



Why Join

As a participant you will:

- Help generate information that will guide the development of culturally appropriate and targeted strategies to improve recovery from Long COVID.
- Receive a gift card for your participation.



Contact Us

Email - AGodinho@hrh.ca

Phone - 416-242-1000 ext. 21203

Welcome

Please change your screen name to your First Name and Last Initial
 Eg. Monica M., Erin L.

*This is required for attendance and participation.

To change your name after entering a Zoom meeting:

1. Click on the “Participants” button
2. Hover your mouse over your name in the “Participants” list
3. Click on the three dots and choose rename

Managing Post COVID-19 Condition Therapeutic Education Program

Finding Joy in Leisure Activities



Welcome

Risks of technology

- Technology may not always work as intended, if the technology fails, group facilitators will make other arrangements to deliver group education materials
- Although participants are requested to not share the meeting link and password, there is a risk that a participant may share this information outside of the group. Only people who are registered to the program however will be admitted to the session
- Group members have agreed not to record the sessions but there is a small chance someone may not follow this agreement
- Group members have been asked to join the call from a private space, but there may be a chance someone may be outside the camera view and could hear the group conversations
- Group members may share links in the chat. These links are not endorsed or reviewed by Unity Health. Open at your own discretion.

Group norms

- Ask questions and share your comments, but be reminded we cannot give you individual advice during this session
- We may not be able to respond to direct messages sent to the presenter or facilitator during the live sessions.
- Please use our confidential email address to send any personal concerns you are having postcovidrehabphc@unityhealth.to
- Keep comments/questions brief and on topic to the content being covered, this will allow everyone a chance to participate
- Group conversations should not be shared with anyone outside of the group
- Be kind and respectful to all including yourself
- Be careful with humour, we are all different
- We are all on our own journey with different life experiences and perspectives
- We all have unique identities, needs and values

What do you see?



Agenda

- What is Leisure?
- Leisure benefits
- Changes in Leisure
- Leisure involvement
- Intimacy
- Leisure resources and awareness

What is leisure?

The World Leisure Organization believes that leisure is ...

...a unique human activity born from enlightened personal freedom depending upon goodwill among all people. Leisure is characterized by the quest for satisfaction, pleasure, discovery and socialization. As a pro-social public policy, leisure is a means of achieving a happy and good life and is consistent with the aims of environmental sustainability.

Leisure plays an essential role in individual, community and national development, contributing to the quality of life and well-being, the enhancement of social relationships and social capital and as a place of expression and engagement in democratic life. Leisure is an important place for social and voluntary involvement as well as the expression of solidarity and a sense of belonging.

Leisure includes:

- play
- recreation
- the arts and culture
- sport
- festivals and celebrations
- health and fitness
- travel and tourism
- education

Some general benefits of Leisure

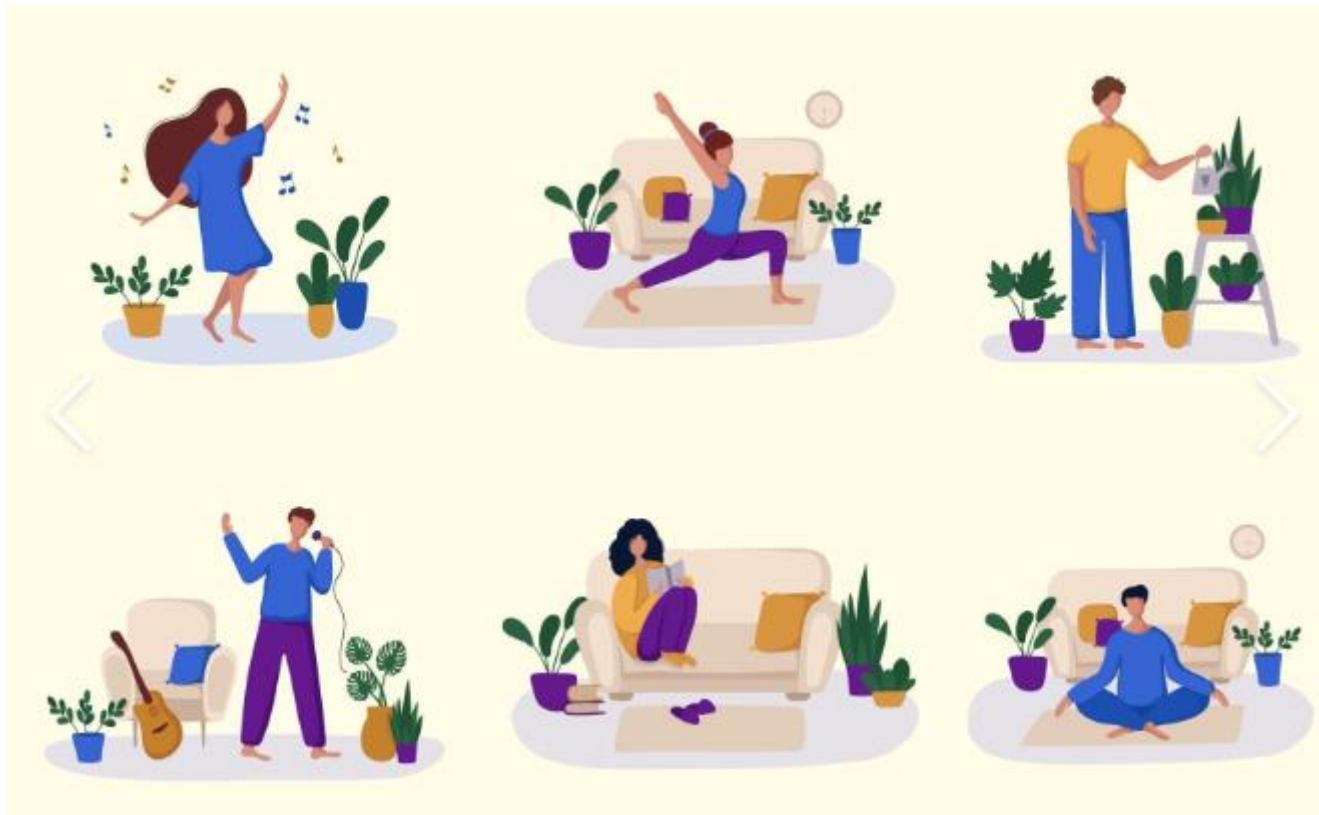
- Leisure can reduce stress and enhance wellbeing during difficult times
- Leisure's therapeutic effect buffers the negative impact of stressful situations
- How we use our free time can contribute to health, happiness, and personal growth
- Leisure fulfills fundamental psychological needs, such as autonomy, mastery, affiliation, restoration, and meaning

Social, psychological and emotional benefits

- Improved feelings of wellbeing
- Higher quality of life
- Increased self esteem
- Increased self awareness
- Increased self efficacy
- Greater optimism
- Laughter
- Lower anxiety and hostility



ACTIVITY	BENEFITS





optimism
self-esteem
hope strength reduced-anxiety
family skills happiness
energy
accomplishment relationship
amusement pride joy freedom
fun connections
positivity euphoria
gratitude

A patient's story...





Light leisure activity ideas:

- Listen to music
- Taking a bath
- Bird watching
- Sitting in the backyard
- Putting your feet in a warm tub of water
- Smelling flowers
- Petting an animal
- Audio books
- Colouring/Puzzles etc.
- Painting your nails
- Diaphragmatic breathing
- Playing cards
- Reading a book
- Journaling
- Experiencing Nature
- Listening to birdsongs
- Merlin app (can press record and it identifies all the birds singing within ear shot)

Snacking on Joy

- Joy is a mind-set and something we can orient toward by being on the lookout for it.
- Cultivating gratitude is another way of cultivating joy
- One way to increase joy is to try savoring, which means mindfully paying attention, appreciating and accentuating the positive experiences we have.
- That cup of coffee. The cuddliness of your pet. A joke whose punchline hits just right.
- Nature is also a powerful source of joy...



Snacking on Joy (cont'd)

- Focusing on the sensations and emotions you feel in these moments can make the joy snack all the richer
- Once you start the practice of "snacking on joy", you may start to experience a higher level of gratitude and self awareness on what you CAN vs what you cannot do



NATURE as a part of light leisure and joy

- **Sight** -looking at pictures of nature, start a plant from seed and watch it grow every day
- **Light** - sitting by a window let the sun warm your face
- **Smell** – think of your favorite nature smells, buy fresh herbs or grow some indoors, use essential oils



June 2023



Finding Joy in Leisure Activities



Nature (cont'd)

- **Touch** – Research has shown contact with the earth's surface can regulate the autonomic nervous system, reducing anxiety & protecting against diseases
- **Sounds** – Nature sounds are associated with better sleep, lowered stress hormones and pain reduction.
 - Bird songs – can facilitate mood change, better concentration and cognitive performance.
 - Water sounds - have the largest effect on health and positive affective outcomes



June 2023



Picture Insect: Bug Identifier
 Next Vision Limited
 4.3 ★

iNaturalist



The Cornell Lab
Merlin
 Bird ID Help for 7,500+ Species

Start Bird ID

Photo ID

Sound ID

Explore Birds

Nature (cont'd)

- **Water** -Blue spaces like lakes and rivers, even fountains, are restorative elements that improve mood & decrease stress, potentially even more than with green spaces
- **Taste** - Mindful Eating -Smell, texture, flavor, feeling
- (E.g. eating an Orange - bright, spongy, sweet, tired)
 - ➔ Helps to regulate appetite and increase your awareness of your food choices.
 - ➔ Taking a moment without distractions daily, to smell and taste your food can help restore taste and smell changes.

Action for Happiness -calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Do something kind for someone you really care about	2 Focus on what you can do rather than what you can't do	3 Take a step towards an important goal, however small	4 Send your friend a photo from a time you enjoyed together	5 Let someone know how much they mean to you and why	6 Look for people doing good and reasons to be cheerful
7 Make a list of what matters most to you and why	8 Set yourself a kindness mission to help others today	9 What values are important to you? Find ways to use them today	10 Be grateful for the little things, even in difficult times	11 Look around for things that bring you a sense of awe and wonder	12 Listen to a favourite piece of music and remember what it means to you	13 Find out about the values or traditions of another culture
14 Get outside and notice the beauty in nature	15 Do something to contribute to your local community	16 Show your gratitude to people who are helping to make things better	17 Find a way to make what you do today meaningful	18 Send a hand-written note to someone you care about	19 Reflect on what makes you feel valued and purposeful	20 Share photos of 3 things you find meaningful or memorable
21 Look up at the sky. Remember we are all part of something bigger	22 Find a way to help a project or charity you care about	23 Recall three things you've done that you are proud of	24 Make choices that have a positive impact for others today	25 Ask someone else what matters most to them and why	26 Remember an event in your life that was really meaningful	27 Focus on how your actions make a difference for others
28 Do something special and revisit it in your memory tonight	29 Today do something to care for the natural world	30 Share a quote you find inspiring to give others a boost	31 Find three reasons to be hopeful about the future			

Intimacy and Sex

- Emotional and physical connections are important to us all
- Sometimes you may feel isolated, alone or a sense of guilt after experiencing a change in your health, this can impact your intimate relationship with others
- Communication is important, we need to understand what we are each experiencing
- Acknowledge the change, it's a new normal for now
- *Consider kindness* – doing something for your loved one and with each other can help to build intimacy and loving feelings

Intimacy and Sex (cont'd)

- *Expand your Menu of Intimacy* - Cuddling, conversation, showering together, or massages
- It's important to recognize that intimacy can take many shapes and forms and that expanding our "menu" of what helps us create an emotional connection is vital.
- You can also talk with your family physician or other healthcare professional about this topic

Leisure Resources from home:

- Toronto Public Library:
 - Audiobooks, Guided relaxation, Sounds for sleep
- Virtual Travel :
 - 13 Virtual Train Rides
<https://www.travelandleisure.com/trip-ideas/bus-train/virtual-train-rides>
- Nature at home:
 - 9 live bird cameras from around the world
<https://birdwatchinghq.com/live-bird-cams/>
 - EarthCam
<https://www.earthcam.com/events/animalcams/>

Leisure Resources (cont'd)

- Arts and Culture:

(fees may apply)

- Metropolitan Museum of Art

<https://artsandculture.google.com/partner/the-metropolitan-museum-of-art>

- 76 Virtual things to do at home

<https://www.apartmenttherapy.com/virtual-things-to-do-at-home-36745351>

- YouTube Virtual travel –

https://www.youtube.com/results?search_query=virtual+travel+around+the+world

THREE GOOD THINGS

Difficulty: **CASUAL** | Frequency: **1X/DAY** | Duration: **10 MINS**



WHY YOU SHOULD TRY IT

In our day-to-day lives, it's easy to get caught up in the things that go wrong and feel like we're living under our own private rain cloud; at the same time, we tend to adapt to the good things and people in our lives, taking them for granted. As a result, we often overlook everyday beauty and goodness—a kind gesture from a stranger, say, or the warmth of the sun on a chilly morning. In the process, we frequently miss opportunities for happiness and connection.

This practice can help counterbalance those tendencies. Although emotions like disappointment are natural and serve an important purpose, it can be draining to focus all our attention on them.

By remembering and listing three positive things that happened in your day—and considering what caused them—you tune into the sources of goodness in your life. It's a habit that can change the emotional tone of your life, energizing you with positive feelings of gratitude—which may be why this practice is associated with significant increases in happiness.

TIME REQUIRED

10 minutes/day for at least one week.

HOW TO DO IT

Each day for at least one week, write down three things that went well for you today, and provide an explanation for why they went well. It is important to create a physical record of your items by writing them down; this can be more helpful than simply doing this exercise in your head. The items can be small, everyday events or more important milestones (e.g., “my partner made the coffee today,” “My grandparents were happy when I brought them groceries,” or “I earned a big promotion”). To make this exercise part of your daily routine, some find that writing before bed is helpful.

As you write, follow these instructions:

1. Give the event a title (e.g., “I received a compliment on something I've been working hard on”).
2. Write down exactly what happened in as much detail as possible, including where you were, what you did or said, and, if others were involved, what they did or said.
3. Include how this event made you feel at the time and how this event made you feel later (including now, as you remember it).
4. Explain what you think caused this event—why it happened.
5. Use whatever writing style you please, and don't worry about grammar or spelling. Use as much detail as you'd like.
6. If you find yourself focusing on negative feelings, try to refocus your mind on the good event and the positive feelings that came with it. This can take effort but gets easier with practice and can make a real difference in how you feel.

EVIDENCE IT THAT WORKS

Seligman, M. E., Steen, T. A., Park, N., & Peterson, C. (2005). [Positive psychology progress: Empirical validation of interventions](#). *American Psychologist*, 60(5), 410.



Postcovidrehabphc@unityhealth.to

Finding Joy in Leisure Activities