

Flu shots are here and more important than ever

It's more important than ever to get your flu vaccine this year to protect ourselves and others around us. [Click here for more information about the flu shot from ImmunizeBC.](#) Remember, you will need to plan ahead to get your shot. Most places book appointments ahead of time. This year you can go to your nearby pharmacy, some doctor's offices, and health units. [Click here to find out where you can get a flu shot in your area.](#)

Tips for properly cleaning to prevent COVID-19

It is still important we continue to clean our worksites/homes, especially things we touch a lot like door handles, tables, phones and light switches to prevent the spread of COVID-19. The BCCDC outlines how to properly clean your worksite/home, which takes two steps: cleaning away dirt, and sanitizing with store-bought cleaner. If you don't have store bought cleaner, you can also find out how to dilute bleach safely and effectively. [Click here to find out more information about safely cleaning your home.](#)

Mobile resources to care for caregivers

[Care for Caregivers](#) is a website that focuses on professional caregivers' mental health and wellness with solutions and strategies to manage the specific strains and stresses resulting from the COVID-19 pandemic. Many family members are providing care to their family member and may benefit from the many resources available on the website. [Check out the mobile resources page here](#) with mindfulness apps, stress and anxiety relief apps like cognitive behavioral therapy (CBT) and more.

Canadian Mental Health Association offers “Living Life to the Full” courses for free

Want to know how to feel happier, more confident and worry less right now? Would you like to learn new ways of dealing with what life throws at you? The Canadian Mental Health Association's "Living Life to the Full" courses are fun and interactive and will help you understand your feelings, thoughts and behaviors, and what to do about them. The courses help you grow self-empowerment skills from the comfort of your home and connect with other members of your community. The group-based, virtual course will be delivered through weekly sessions by video conference with a trained facilitator. For residents of British Columbia, virtual courses are currently being offered free of charge, thanks to funding from the province. [You can find all of the information, including how to register, by clicking here.](#)

World Kindness Day is November 13

On World Kindness Day, participants try to make the world a better place by celebrating and promoting good deeds and pledging acts of kindness, either as individuals or as organizations. [Learn more about it here.](#)

The day was first launched in 1998 by The World Kindness Movement, an organization formed at a 1997 Tokyo conference of like-minded kindness organizations from around the world. There are currently over 28 nations involved in The World Kindness Movement which is not affiliated with any religion or political movement. The mission of the World Kindness Movement and World Kindness Day is to create a kinder world by inspiring individuals and nations towards greater kindness. What will be your act of kindness?



RANDOM ACTS OF KINDNESS
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CHECK IN WITH YOUR FRIENDS:

Sometimes people seem fine, but often they may be struggling on the inside. If you think a friend may be struggling, here are a few ways you can check in with them and show them you care.



WAYS TO CHECK IN WITH YOUR FRIENDS

Sometimes people seem fine but often times we struggle on the inside. If you notice a friend struggling, here are a few ways you can check in with them and show them you care

- Reach out to them regularly, send them a text or phone them to ask about their day
- Offer to help them out with tasks that might be overwhelming them
- Make your friend aware that you are there to support and listen to them, without judgement
- Respect their limits and don't pressure them to act or speak
- Offer to help them find extra supports like an Elder or professional that they can talk to

 COVID19INDIGENOUS.CA