Twitter Thread by Jen



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It is #BellLetsTalk ...so let's talk. Have you ever responded to the question "how are you doing?" with a "fine" or "good" even though you really weren't fine or good?! I know I certainly have.

While every time you are asked it may not be a great time to delve into what is going on I challenge you and myself to be courageous enough to answer how you are really doing. Especially when talking with those people that you have around you that are your support system.

As a nurse I find that I am constantly observing and assessing my patients and residents. How are they doing (both physically and mentally)? Trying my hardest to notice the big and small changes that could mean they aren't doing as well or hopefully doing better.

I challenge you healthcare workers to turn that observation and assessment on yourself and coworkers. Did you notice the subtle and sometimes glaringly obvious signs of chronic stress and burnout? I certainly didn't.

So now it's time to talk....talk to your family, talk to your friends, talk to your coworkers, talk to your children. Check in with them, don't settle for "fine" "good". Make a safe space for people to open up to you and for you to them.

In our house we try to use the three word system. What might that be you ask? Well as some of you may know getting a child to say anything about their day other than fine or good can be hard. And such was the start of the three word system.

Describe your day using three separate descriptive words. "Boring" "sad" "frustrating" "fun" you get the point. This can open conversation up to ...what happened to make it frustrating, sad, fun, etc. It really makes you reflect on "how am I doing" "how was my day".

Condensing these big thoughts down to three words can really make you think....and that's the point! Do we do this everyday, nope, we are busy and forgetful too. But it helps us stay in touch with how each other is doing, maybe it can help you too.

And if you don't have a support system or can't talk to them please talk with someone. Many work places have access to Employee and Family Assistance Program. Wellness Together Canada has 24/7 FREE resources and chat. Kids Help

Phone 24/7 FREE. Crisis Textline 24/7 FREE help.

So let’s get talking because as a friend and coworker always reminds me “when you know better than we must do better”. So let’s do better with our mental health and care for those around us everyday and especially today on #BellLetsTalkDay.

P.S. How am I doing today you ask? “Optimistic” “Exhausted” “Content” How are you today?