



Anxiety and Panic

<https://vch.eduhealth.ca/en/permalink/phem2377>

Catalogue Number: CD.420.An951.PHC

Current Revision 10-Mar-2021

Date:

Language: English

Status: Available

Description: Description of panic attacks (panic disorder), it's causes, symptoms and treatment.

Format: Factsheet

Topic: Symptoms, Diseases & Conditions

Subject: Anxiety

Keywords: treatment
diagnosis
worry
stress
heart disease
panic

Reading Level: 6

Date Issued: May-30-2011

Legacy Numbers: TCNF253

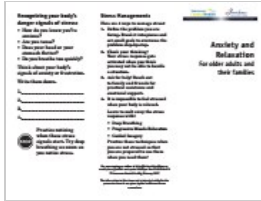
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Anxiety and Relaxation

<https://vch.eduhealth.ca/en/permalink/phem1080>

Catalogue Number: CB.500.An95

Current Revision February-15-2017

Date:

Language: English

Status: Available

Description: Information on anxiety and relaxation

Format: Brochure

Topic: Healthy Living

Senior Health

Subject: Stress

Keywords: seniors

breathing

Exercises

posture

imagery

Management

Muscles

Older Adults

tension

Reading Level: 5


Date Issued: March-07-2006

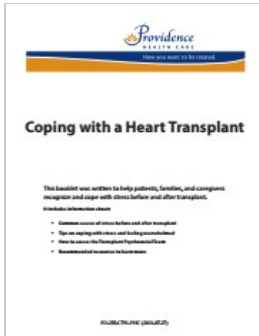
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Coping with a Heart Transplant

<https://vch.eduhealth.ca/en/permalink/phem4223>

Catalogue Number: FD.235.C791.PHC

Current Revision 27-Jul-2021

Date:

Language: English

Status: Available

Description: A guide to managing the various stresses before and after heart surgery.

Format: Booklet

Topic: Discharge Instructions

Subject: Heart Transplant

Keywords: heart transplantation
stress
Preoperative information
Post operative information
Emotional awareness
Acceptance
self care
resources
Coping

Reading Level: 4

Date Issued: 27-Jul-2021

Documents



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The COVID-19 SURVIVAL TOOLKIT for Healthcare Heroes : Leisure Resources for Staying Resilient During the COVID-19 Pandemic.

<https://vch.eduhealth.ca/en/permalink/phem4218>

Catalogue Number: FG.225.C68

Language: English

Status: Requested

Description: Leisure materials created by the VGH Recreation Therapy (RecT) department for VCH staff which includes resources and links to COVID-19 information and tips on reducing stress, staying fit, resilient, and connected during the pandemic.

Topic: Healthy Living
Services & Resources
Staff Resources

Subject: Wellness & Life Style
Viral Infections
Infectious Diseases
Staff Resources

Keywords: Recreation Therapy
support
stress release
Staff education
staff resources
Viral diseases
Infectious Diseases
leisure activity
leisure resources
healthy attitude
COVID-19
depression
communication
resources
mental health
pandemic

Fact Sheet : Adult Colouring

<https://vch.eduhealth.ca/en/permalink/phem4220>

Catalogue Number: CB.500.F33

Language: English

Status: Requested

Description: Fact sheet created by the VGH Recreation department on the benefits of adult colouring to reduce stress and promote creativity.

Topic: Healthy Living

Subject: Stress

Mental wellness

Keywords: Mindfulness

art

educational resources

Recreation Therapy

Stress Reduction

wellness

stress release

anxiety

leisure activity

leisure resources

Fact Sheet : ART AND CREATIVITY

<https://vch.eduhealth.ca/en/permalink/phem4221>

Catalogue Number: CB.500.F331

Language: English

Status: Requested

Description: Fact sheet created by the VGH Recreation department on the benefits of art and creativity.

Topic: Healthy Living

Subject: Mental wellness

Wellness & Life Style

Keywords: art

educational resources

Recreation Therapy

Stress Reduction

wellness

stress release

anxiety

leisure activity

leisure resources

creativity

Fact Sheet : Leisure for Hospital Patients

<https://vch.eduhealth.ca/en/permalink/phem4224>

Catalogue Number: CB.500.F332

Language: English

Status: Requested

Description: Fact sheet on the benefits of leisure activities for hospital patients.

Topic: Healthy Living

Subject: Mental wellness

Stress

Anxiety

Hospitals

Wellness & Life Style

Keywords: leisure activity

leisure resources

Recreation Therapy

Stress Reduction

wellness

stress release

anxiety

hospital stay

hospital

Coping

patient information

Fact Sheet : Mindfulness

<https://vch.eduhealth.ca/en/permalink/phem4219>

Catalogue Number: CB.501.F33

Language: English

Status: Requested

Description: Fact sheet provided by the VGH Recreation Therapy department on Mindfulness tips and practices to reduce stress and improve mood.

Topic: Healthy Living

Subject: Stress

Mental wellness

Keywords: Mindfulness

Recreation Therapy

educational resources

Stress Reduction

wellness

stress release

anxiety

memory



Headache (Emergency Department)

<https://vch.eduhealth.ca/en/permalink/phem384>

Catalogue Number: FM.280.H34

Current Revision November-13-2015

Date:

Language: English

Status: Available

Description: Guidelines on what to do when you have a headache.

Format: Factsheet

Topic: Emergency Department

Procedures, Treatments & Tests

Subject: Headache

Keywords: Nervous system

tension

stress

migraines

Reading Level: 6

Date Issued: July-01-2000

Related Records:

Headache (Emergency Department) - FM.280.H34

Headache (Emergency Department) (Chinese) - FM.280.H34.CN

Documents



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Headache (Emergency Department) (Chinese)

<https://vch.eduhealth.ca/en/permalink/phem385>

Catalogue Number: FM.280.H34.CN

Current Revision January-11-2016

Date:

Language: Chinese Traditional

Status: Available

Description: Guidelines in Chinese on what to do when you have a headache.

Format: Factsheet

Topic: Emergency Department

Procedures, Treatments & Tests

Subject: Headache

Keywords: Nervous system

tension

stress

migraines

Reading Level: 0

Date Issued: July-01-2000

Related Records:

Headache (Emergency Department) - FM.280.H34

Headache (Emergency Department) (Chinese) - FM.280.H34.CN

Documents



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