

## Practising Well Community of Practice

### Navigating undifferentiated distress during the pandemic

February 23, 2022

The Practising Well Community of Practice is an intentional conversation for shared learning hosted by the OCFP in collaboration with the U of T DFCM. The Practising Well Community of Practice is one component of the **OCFP's Practising Well Program**. You can reach us by email at [practisingwell@ocfp.on.ca](mailto:practisingwell@ocfp.on.ca).

Practising Well is designed to support you in providing the best care possible for your patients with their **mental health, substance use disorders and chronic pain**. It is an active and engaged online community that gives you access to a deep well of knowledge to make your practice easier today, and to improve it in the future.

At the core of Practising Well are three distinct, yet interrelated, parts:

- Community of Practice
- Information Exchange: An easy-to-navigate online repository of information.
- Peer to Peer Connect: An opportunity to partner with another family physician in a one-on-one setting and share experiences and best practices.

### General Resources

- Practising Well - <https://www.ontariofamilyphysicians.ca/education/practising-well>
- Ontario College of Family Physicians - <https://www.ontariofamilyphysicians.ca/>

### Resources

- Approach to risk identification in undifferentiated mental disorders - <https://www.cfp.ca/content/62/12/972.long>
- Defining the *specialist generalist*: The imperative for adaptive expertise in family medicine - <https://www.cfp.ca/content/67/5/321>
- Managing Uncertainty in Mental Health Care - <https://www.oupcanada.com/catalog/9780197509326.html>
- Balint groups: A tool for personal and professional resilience - <https://www.cfp.ca/content/58/3/245>
- Online Balint group with Dr. Kasra Khorasani - [kasra.khorasani@utoronto.ca](mailto:kasra.khorasani@utoronto.ca)
- OMA Physician Helpline - [php@oma.org](mailto:php@oma.org)
- Mindfulness for Teens - <https://www.mindfulnessforteens.com/>
- How to meditate (New York Times) - <https://www.nytimes.com/guides/well/how-to-meditate>
- Wellness Together Canada - <https://www.wellnesstogether.ca/en-CA>
- 3 steps to break the bad habit of worry – Addicted to Worrying (CBC Radio) - <https://www.cbc.ca/radio/whitecoat/3-steps-to-break-the-bad-habit-of-worry-1.5980196>

### Apps

- Insight timer - <https://insighttimer.com/en-ca>
- Simple Habit - <https://www.simplehabit.com/>

### Supports and Education

- OMA Physician Health Program - <https://php.oma.org/>
- CAMH Health Care Provider Resource Site - <http://www.camh.ca/covid19hcw>
- Centre for Mindfulness Studies - <https://www.mindfulnessstudies.com>
- Unity Health Mindful Awareness Stabilization Training (MAST) - <https://unityhealth.to/mast-program/>