

## Schlutter, Debby CITZ:EX

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**From:** Olson, Michael GCPE:EX  
**Sent:** February 17, 2021 11:44 AM  
**To:** Berndt, Eric GCPE:EX; Acton, Erin GCPE:EX  
**Cc:** Marriott, Sarah GCPE:EX; Ferguson, Stephanie GCPE:EX; Grieve, Chandler GCPE:EX; Youngs, Kirsten R GCPE:EX; Thaw, Sara GCPE:EX; Zilkie, Heidi GCPE:EX  
**Subject:** RE: FOR APPROVAL: Self-care Bingo

I like these changes.  
Michael

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**From:** Berndt, Eric GCPE:EX  
**Sent:** Wednesday, February 17, 2021 11:03 AM  
**To:** Acton, Erin GCPE:EX  
**Cc:** Olson, Michael GCPE:EX ; Marriott, Sarah GCPE:EX ; Ferguson, Stephanie GCPE:EX ; Grieve, Chandler GCPE:EX ; Youngs, Kirsten R GCPE:EX ; Thaw, Sara GCPE:EX ; Zilkie, Heidi GCPE:EX  
**Subject:** Re: FOR APPROVAL: Self-care Bingo

Looks good to me.

Eric

Sent from my iPhone

On Feb 17, 2021, at 10:56 AM, Acton, Erin GCPE:EX <[Erin.Acton@gov.bc.ca](mailto:Erin.Acton@gov.bc.ca)> wrote:

Thanks all,

Here is the updated post and copy:

Self-care is one way to help manage some of your stress and anxiety during the pandemic. Identify the things you've done to take care of yourself so far this week with the goal to complete a row, column, or diagonal. If you're in need of more mental health support, find many free and low-cost options at [www.gov.bc.ca/Covid19MentalHealthSupports](http://www.gov.bc.ca/Covid19MentalHealthSupports)

Erin Acton  
Digital Communications Officer  
Government Communications and Public Engagement  
236-478-2011  
250-812-0915 (cell)

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**From:** "Olson, Michael GCPE:EX" <Michael.Olson@gov.bc.ca>  
**Date:** Wednesday, February 17, 2021 at 10:50 AM  
**To:** "Marriott, Sarah GCPE:EX" <Sarah.Marriott@gov.bc.ca>, "Berndt, Eric GCPE:EX" <Eric.Berndt@gov.bc.ca>, "Ferguson, Stephanie GCPE:EX" <Stephanie.Ferguson@gov.bc.ca>, "Grieve, Chandler GCPE:EX" <Chandler.Grieve@gov.bc.ca>, "Youngs, Kirsten R GCPE:EX" <Kirsten.Youngs@gov.bc.ca>  
**Cc:** "Thaw, Sara GCPE:EX" <Sara.Thaw@gov.bc.ca>, "Acton, Erin GCPE:EX" <Erin.Acton@gov.bc.ca>, "Zilkie, Heidi GCPE:EX" <Heidi.Zilkie@gov.bc.ca>  
**Subject:** RE: FOR APPROVAL: Self-care Bingo

Hi all,

Thank you Sarah for those additional edits I think they better drive home the intention of this post. I also like Eric's suggested change. I have just one minor additional edit:

s.13

Thanks also for taking a bit of time to swap out some of the examples on the bingo sheet, I look forward to seeing what you come up with!

Michael

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**From:** Marriott, Sarah GCPE:EX <Sarah.Marriott@gov.bc.ca>  
**Sent:** Wednesday, February 17, 2021 9:39 AM  
**To:** Berndt, Eric GCPE:EX <Eric.Berndt@gov.bc.ca>; Ferguson, Stephanie GCPE:EX <Stephanie.Ferguson@gov.bc.ca>; Grieve, Chandler GCPE:EX <Chandler.Grieve@gov.bc.ca>; Youngs, Kirsten R GCPE:EX <Kirsten.Youngs@gov.bc.ca>  
**Cc:** Thaw, Sara GCPE:EX <Sara.Thaw@gov.bc.ca>; Acton, Erin GCPE:EX <Erin.Acton@gov.bc.ca>; Zilkie, Heidi GCPE:EX <Heidi.Zilkie@gov.bc.ca>; Olson, Michael GCPE:EX <Michael.Olson@gov.bc.ca>  
**Subject:** RE: FOR APPROVAL: Self-care Bingo

Bringing Michael Olson back on to this thread. I like those edits Eric.

Michael and I had talked last night about finding synonyms for some of the "self-care" language? Here's one idea plus some further edits, Michael might want to go even further

s.13

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**From:** Berndt, Eric GCPE:EX <[Eric.Berndt@gov.bc.ca](mailto:Eric.Berndt@gov.bc.ca)>  
**Sent:** February 17, 2021 8:29 AM  
**To:** Ferguson, Stephanie GCPE:EX <[Stephanie.Ferguson@gov.bc.ca](mailto:Stephanie.Ferguson@gov.bc.ca)>; Grieve, Chandler GCPE:EX <[Chandler.Grieve@gov.bc.ca](mailto:Chandler.Grieve@gov.bc.ca)>; Youngs, Kirsten R GCPE:EX <[Kirsten.Youngs@gov.bc.ca](mailto:Kirsten.Youngs@gov.bc.ca)>  
**Cc:** Thaw, Sara GCPE:EX <[Sara.Thaw@gov.bc.ca](mailto:Sara.Thaw@gov.bc.ca)>; Acton, Erin GCPE:EX <[Erin.Acton@gov.bc.ca](mailto:Erin.Acton@gov.bc.ca)>; Marriott, Sarah GCPE:EX <[Sarah.Marriott@gov.bc.ca](mailto:Sarah.Marriott@gov.bc.ca)>; Zilkie, Heidi GCPE:EX <[Heidi.Zilkie@gov.bc.ca](mailto:Heidi.Zilkie@gov.bc.ca)>  
**Subject:** RE: FOR APPROVAL: Self-care Bingo

Hi Sara,  
Thanks for the chat.

In addition to swapping out some of the tiles as discussed, here is a slight copy tweak:

s.13

Many thanks for your efforts here!

Eric

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**From:** Ferguson, Stephanie GCPE:EX <[Stephanie.Ferguson@gov.bc.ca](mailto:Stephanie.Ferguson@gov.bc.ca)>  
**Sent:** February 16, 2021 3:36 PM  
**To:** Grieve, Chandler GCPE:EX <[Chandler.Grieve@gov.bc.ca](mailto:Chandler.Grieve@gov.bc.ca)>; Youngs, Kirsten R GCPE:EX <[Kirsten.Youngs@gov.bc.ca](mailto:Kirsten.Youngs@gov.bc.ca)>; Berndt, Eric GCPE:EX <[Eric.Berndt@gov.bc.ca](mailto:Eric.Berndt@gov.bc.ca)>  
**Cc:** Thaw, Sara GCPE:EX <[Sara.Thaw@gov.bc.ca](mailto:Sara.Thaw@gov.bc.ca)>; Acton, Erin GCPE:EX <[Erin.Acton@gov.bc.ca](mailto:Erin.Acton@gov.bc.ca)>; Marriott, Sarah GCPE:EX <[Sarah.Marriott@gov.bc.ca](mailto:Sarah.Marriott@gov.bc.ca)>; Zilkie, Heidi GCPE:EX <[Heidi.Zilkie@gov.bc.ca](mailto:Heidi.Zilkie@gov.bc.ca)>  
**Subject:** FOR APPROVAL: Self-care Bingo  
**Importance:** High

Hello all,

Please see below a piece of content relating to mental health, a bingo card people can use to get some self-care ideas, with a link to further supports. We'd love to get this out tomorrow, if at all possible.  
Thanks!

**POST COPY**

s.13

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**Stephanie Ferguson**

Digital Communications Officer | Digital Communications  
Government Communications and Public Engagement  
Province of British Columbia  
250-889-3745

## Howlett, Tim GCPE:EX

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**From:** Martens, Garth GCPE:EX  
**Sent:** February 19, 2021 5:05 PM  
**To:** Ralph, Jamie GCPE:EX; Kelly, Suzannah GCPE:EX; Thaw, Sara GCPE:EX; Grieve, Chandler GCPE:EX; Youngs, Kirsten R GCPE:EX; Turner, Jordan GCPE:EX; Howlett, Tim GCPE:EX  
**Cc:** Lawrie, Hannah GCPE:EX; Greer, Shannon GCPE:EX; XT:Amos, Heather HLBC:IN; Ferguson, Stephanie GCPE:EX; Acton, Erin GCPE:EX; Ward, Allieren GCPE:EX; Smith, Mat E GCPE:EX; Cox, Michael GCPE:EX; XT:HLTH Brown, Libby; XT:Darbyshire, Peter GCPE:IN; XT:Murray, Caeli GCPE:IN; Kaur, Masha GCPE:EX; Chaboyer, Theresa GCPE:EX; Smith, Devon GCPE:EX; Copeland, Kimberly GCPE:EX; 'Alexis.Beer@bccdc.ca'  
**Subject:** EOD social media report for Friday, February 19th

Hi all,

Please see below for the social media report for Friday, February 19:

### THEMES:

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### LIVESTREAM STATS:

3:00 PM

1. Facebook: 1.9K peak live viewers, 4.7K - 1 minute views, 3 min average watch time, 474 comments
2. YouTube: 1.8K peak live viewers; min average watch time, 140.4 hours total watch time
3. Twitter: 3.8K viewers (Twitter counts seconds as a 'view'), 15 likes, 10 comments, 16 retweets

### Questions without A's:

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**Suggestions:**

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**COMMENTS OF THE DAY:**

1. Nothing funny about this situation, but keeping your sense of humour will save you from going insane or becoming a mask pirate, whatever! Aarrghh!
2. Comment in response to someone saying "shut down schools they are amplifying the spread": NO they are not! It's the misbehaving adults around those children or in their families
3. I guess Dr. Henry is in the line of fire once again. Too bad not enough people realize that it's up to us, as individuals, to make these cases come down. As long as there are churches, anti-maskers and idiots out there who defy the health orders, we will remain in this situation. Stop blaming Dr. Henry and the government. Start thinking of others, rather than yourselves and for the love of God wear your masks and stop congregating in groups.

Have a good weekend, everyone!

Garth Martens  
Digital Communications Officer  
Government Communications and Public Engagement  
250-213-9155 (m)