

JUNE 2021

MAINTAINING GOOD MENTAL HEALTH

A webinar series highlighting tips and strategies to support the mental wellness of you, your family and your friends.

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**Canadian Mental
Health Association**
Waterloo Wellington

**Association canadienne
pour la santé mentale**
Waterloo Wellington



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Compassion Fatigue & Vicarious Trauma

June 7th : 2-3pm

Compassion Fatigue and Vicarious Trauma have been described as “the cost of caring for others in emotional pain.” You cannot give of yourself daily and not be impacted by it in both your personal and professional lives. Knowing this, and having a common language among team members, can help to normalize the responses you may have to your work, and provide understanding and support. You will study the definitions of compassion fatigue, vicarious trauma, moral distress, moral residue, burnout and compassion satisfaction, and their impact on well-being, and well as the impact of trauma on the brain. We will discuss self-care and resilience strategies, including ways to bring self-care and well-being into the workplace. This can prevent the effects of Compassion Fatigue and Vicarious Trauma from creating a toxic workplace environment. A variety of handouts and activities will be provided to participants to complete in order to make the training personal for their own lives. This webinar can be offered in a 1 or 2 hour format, with the latter going into more detail on coping strategies.

https://us02web.zoom.us/webinar/register/WN_MhrEmh_VT7u_U1x8ftOwfw

Practicing Self-Care

June 14th : 11am-12pm

The COVID-19 pandemic has changed how we live, work, connect and also how we manage our stress levels through self-care. We are unable to engage in the activities we normally would, such as going to the gym, spa, out for lunch with a friend, playing organized sports or engaging in a bit of retail therapy. Self-care is essential in order to maintain good mental health. During this webinar we will discuss self-care strategies that we can engage in despite physical distancing restrictions.

https://us02web.zoom.us/webinar/register/WN_IUhoAwTOSLWExFOiDpzMMw

Coping with Isolation and Loneliness

June 15th : 10-11am

Loneliness is something that can affect anyone. Whether it is due to isolation, or feeling like we don't fit in, feeling disconnected from others can influence our sense of well-being. Sometimes our thoughts, feelings and fears can keep us stuck in a negative pattern that can impact our mood and ability to engage with ourselves and others. In this webinar we will look at some quick and easy strategies to help us cope with some of those feelings and behaviours to help us feel more connected.

https://us02web.zoom.us/webinar/register/WN_6paW7jUXQVm-0V-n7b3mcw

Family Education Series : Practicing Self-Care

June 16th : 630-730pm

The COVID-19 pandemic has changed how we live, work, connect and also how we manage our stress levels through self-care. We are unable to engage in the activities we normally would, such as going to the gym, spa, out for lunch with a friend, playing organized sports or engaging in a bit of retail therapy. Self-care is essential in order to maintain good mental health. During this webinar we will discuss self-care strategies that we can engage in despite physical distancing restrictions.

https://us02web.zoom.us/webinar/register/WN_KQbpmJehRqG2p6bm8rGdPA



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Challenging Negative Thinking

June 17th : 1-2pm

Getting caught in a cycle of negative thinking can seriously impact our mental well being. In this webinar, we will learn to recognize different thought traps that we all tend to fall into, as well as strategies we can use to escape them. We will explore the difference between being reactive, and being responsive and how we can practice challenging ourselves when our thoughts are unhelpful.

https://us02web.zoom.us/webinar/register/WN_IUhoAwTOSLWExFOiDpzMMw

The Power of Mindfulness and Gratitude

June 23rd : 1-2pm

Many of us had a plan for what the 15 months would look like, and COVID-19 likely wasn't included in that plan. Day to day life feels out of our control right now, but we can control our own emotional responses to this "new normal". Practicing mindfulness and gratitude can transform the brain and help us feel more peaceful and less reactive. We can't be anywhere else but where we are right now. Working toward accepting this new reality can put us on the path toward new strategies to deal with it.

https://us02web.zoom.us/webinar/register/WN_2uhq6dXaTH6C6NmbkqnfMA

Family Education Series: Supporting a Loved One During COVID-19

June 28th : 11am-12pm

COVID 19 has drastically altered the world as we know it, and that has a serious impact on mental health. If you are supporting an adult family member who is experiencing mental health concerns, join us for an overview of caregiver strategies. Topics will include, effective communication, addressing anxiety and depression, helping your loved one develop a plan to cope, as well as care for the caregiver. Community resources will be provided.

https://us02web.zoom.us/webinar/register/WN_gYomlhgSTJuzTu-K1y_NOQ

Physical Health for Mental Health

June 29th : 12-1pm

Mental health and physical health go hand in hand when it comes to our level of overall wellness. Good mental health is not merely the absence of an illness or diagnosis. In this webinar, we will discuss the positive impact that physical health can have on our mental health. We will explore how being active, eating a well-balanced diet, having a proper night's sleep, regular daily routines and goals play an important role in building mental wellness. A healthy physical self contributes greatly to all aspects of one's life.

https://us02web.zoom.us/webinar/register/WN_1x7Q41bNTAe2G1cvYOwn3w



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