

# Summer Staff Wellness & Health Booster Sessions Recap



We hope you're having an opportunity to enjoy the summer. Staff are currently planning the fall booster session line up, so stay tuned. In the meantime, we encourage you to watch (or re-watch) the sessions below to learn some healthy ways to cope with the COVID-19 pandemic.

You can view all available booster sessions [here](#).

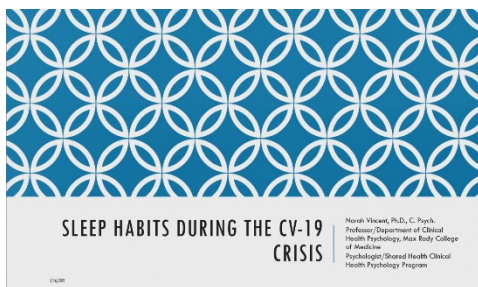
## Booster Session Recap – Coping with COVID



### Managing COVID information overload

This session focuses on concrete strategies for managing COVID-19 information overload in the health-care context. It also offers tips for how to meaningfully disconnect to help maintain psychological health and resilience.

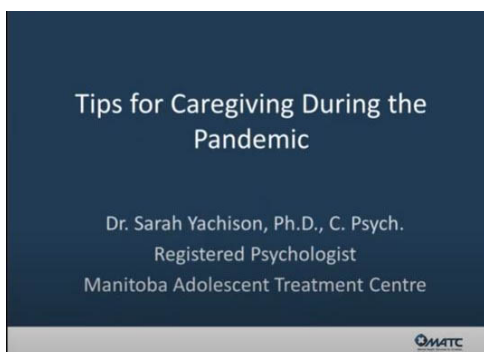
[Watch it here.](#)



### Sleep habits during the COVID-19 crisis

This session focuses on sleep during the pandemic. It reviews techniques to address insomnia, assisting your children with sleep, coping better with night shift work, the impact of alcohol/drugs on sleep and the role of stress/anxiety in sleep.

[Watch it here.](#)



### Caregiving Tips during the pandemic

This session presents everyday tips for caregivers on how to take care of their school-age children's well-being during this challenging time. Information will be relevant for caregivers of children four to 11 years of age.

[Watch it here.](#)

For further information please contact [ddacombe@afm.mb.ca](mailto:ddacombe@afm.mb.ca).