

REGISTER NOW!

Staff Wellness & Health Booster Sessions - April 2021: Wellness Workday



COVID-19 has challenged health system workers to change how we conduct ourselves in the workplace, our homes and our social connections. These changes can sometimes feel overwhelming.

To support health system workers, Shared Health and our Psychological Health & Safety Committee partners have brought together skilled trainers from across the province to facilitate a number of Staff Booster Sessions.

The Staff Booster Sessions are short, timely, and relevant presentations designed to fit into busy schedules. Between 15 and 20 minutes in length, topics will include stress management, self-care and dealing with uncertainty. Booster Sessions will be recorded and later made available as a streaming video on [demand](#).

Session Description

Stress impacts us in a variety of ways: physically, mentally, emotionally, and in our work, too. Health-care providers experience higher levels of stress at the best of times. During these challenging times, health workers' stress levels have intensified even more. Learn three hands-on strategies to help manage stress in your everyday life and on the job.

Presenter Bio



Jake Saurette (she/her), RPN

Jake is a Registered Psychiatric Nurse on HSC's Psychiatric Intensive Care Unit, a certified Yoga and Meditation teacher and member of HSC's Critical Incident Stress Management team. Jake is enrolled in the Masters of Psychiatric Nursing program where she is focusing on promoting health-care worker resilience through stress management skills education. She has recently launched her independent practice, Be Well Unwind, providing stress management education and counseling.

Session Dates

Live Session:

[Tuesday, April 13, 12:30 – 1 p.m.](#)

Rebroadcasts:

[Saturday, April 17, 2 – 2:30 p.m.](#)

[Tuesday, April 20, 4 - 4:30 a.m.\(overnight session\)](#)

[Friday, April 23, 12:30 - 1 p.m.](#)

For further information please contact ddacombe@afm.mb.ca.