

# REGISTER NOW!

## Staff Wellness & Health Booster Sessions - June 2021: Tolerating Uncertainty During the COVID-19 Pandemic



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 made available as a streaming video on [demand](#).

### Session Description

Uncertainty has always been a part of daily life, but the COVID-19 pandemic has amplified this beyond normal human experience. Difficulty tolerating uncertainty can lead to heightened anxiety, worry, and exhaustion. In this session, you will learn what situations tend to provoke feelings of uncertainty and why some strategies for managing uncertainty may be backfiring on us during the pandemic. We will also focus on practical tools for coping with the unknown during this period of prolonged stress.

### Presenter Bio



#### Dr. Elizabeth Hebert

Dr. Elizabeth Hebert is an assistant professor at the University of Manitoba's Department of Clinical Health Psychology. Her research focuses on understanding cognitive-behavioural mechanisms underlying anxiety and the development and evaluation of psychological treatments. She is a clinical teacher within the Max Rady College of Medicine and was the 2020 recipient of the John Arnett Award for Excellence in Teaching. In her work for the Winnipeg Regional Health Authority, she provides psychological assessments and treatment for members and veterans of the RCMP and the Canadian Armed Forces.

### Session Dates

#### Live Session:

[Tuesday, June 15, 2021 from 12:30 to 1 p.m.](#)

#### Rebroadcasts:

[Saturday, June 19, 2021 from 2 to 2:30 p.m.](#)

[Monday, June 21, 2021 from 4 to 4:30 a.m.](#)

[Friday, June 25, 2021 from 12 to 12:30 p.m.](#)

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