

Sent on Behalf of Frank Cantafio, Executive Director, Provincial Wellbeing, Shared Health

Drop-in virtual wellbeing practice sessions for staff and leaders

As part of our efforts to provide ongoing support, the Provincial Wellbeing team is pleased to offer virtual drop-in wellbeing practice sessions for staff.

These short, informal, **15-minute** drop-in sessions provide a supportive safe space to practice mindfulness techniques, stress management tools, and self-care strategies in a peer-supported environment. Whether you only have a few minutes or can stay for the full session, you're welcome to come as you are and stay for as long as your schedule allows. These sessions are offered virtually.

Please click the link below at the time of the session to attend.

- [Oct. 11 – Mindfulness Breathing Practice & Body Scan Exercise for Leaders - 10 a.m.](#)
- [Oct. 15 – Mindful Check-In for Leaders – 2 p.m.](#)
- [Oct. 16 - 3-6 Breathing & Grounding Practice for Staff – 10 a.m.](#)
- [Oct. 17 - 3-6 Breathing & Grounding Practice for Leaders – 2 p.m.](#)
- [Oct. 18 - Mindfulness Breathing Practice & Body Scan Exercise for Staff - 10 a.m.](#)
- [Oct. 21 - Grounding Practice for Leaders – 2 p.m.](#)
- [Oct. 22 - Gratitude Practice for Staff – 10 a.m.](#)
- [Oct. 23 – Mindful Muscle Relaxation for Leaders – 2 p.m.](#)
- [Oct. 24 - Gratitude Practice for Staff – 10 a.m.](#)
- [Oct 24 – Guided Meditation to Slow the Breath and the Thoughts for Staff – 2 p.m.](#)
- [Oct. 25 - Mindfulness Breathing Practice & Body Scan Exercise for Staff – 2 p.m.](#)

Session Details:

3-6 Breathing & Grounding

The 3-6 complete breathing technique is a good way to ground ourselves, relax our mind and body, reduce tension and relieve stress. It helps us slow down our breathing by slowing down the heart. This practice triggers our brains to release our natural calming chemicals, to help us be still and connect to a sense of safety.

Gratitude Practice

Gratitude involves showing appreciation for the things in life that are meaningful to you, big or small. This practice brings awareness and mindfulness to people or things we are grateful for, which in turn can help us refocus our attention and reduce feelings of stress.

Grounding Practice

Grounding techniques help us to be more present and aware of our surroundings. They involve activities that “ground” you or reconnect you to the earth. This practice is helpful for regulating our emotions and focus to help us return to a state of present moment safety.

Guided Meditation to Slow the Breath to Slow the Thoughts

By becoming more aware of our inhales and exhales, we gradually bring calm to our mind and our nervous system. We're giving ourselves permission to slow down for a few minutes. And as we breathe, we can also witness the active chatter of our mind without being swept away, and the thoughts about the past or worries about the future.

Mindfulness Breathing Practice & Body Scan Exercise

Participants will learn about mindfulness, and its importance for regulating emotions by increasing awareness and developing flexibility and adaptability in responding to our emotional experiences. Participants will then be guided through a mindfulness breathing and body scan exercise.

Mindful Check-in

Take a moment to stop and ask yourself how you are doing and what you may need. This guided practice will focus on the here and now, encourage you to consider how you are doing physically and emotionally and what you may need to support your wellbeing.

Mindful Muscle Relaxation

During mindful muscle relaxation/muscle release we will connect our mind and body by focusing on one muscle group at a time and slowly tensing then releasing the muscle. We will work our way through the entire body and take a few moments to enjoy the feeling of relaxation. This exercise helps lower overall tension and stress levels, can promote sleep and calm the mind.

About the Provincial Wellbeing Team

The mission of the Provincial Wellbeing Team is to ensure the health and wellbeing of staff is at the heart of a responsive health-care system that meets the diverse needs of all Manitobans. Together with partners throughout the health care system, the team is working to co-create a culture of workplace wellbeing, where our daily practices instill a sense of belonging, psychological safety, and meaningful connection.

Presenters:

Provincial Wellbeing Leaders will facilitate each session. Located within the regions throughout the province, the Wellbeing Leaders are dedicated to supporting staff and serve as a key resource in the development and implementation of wellbeing initiatives, prevention strategies, and policies that promote the wellbeing of the healthcare workforce. Working collaboratively, they will strengthen provincial capacity in responding to crisis, promoting recovery, fostering awareness of mental health supports, and enabling wellbeing along a continuum.

Claire McCannell is a Wellbeing Leader for Prairie Mountain Health. She is a Psychiatric Nurse with a Masters in Counselling Studies and has spent 17 years working in the mental health field. Claire is passionate about Critical Incident Stress Response and Trauma Informed Care.

Caprice Kehler is a Wellbeing Leader for Winnipeg and has spent the past 20 years with the Norwest Co-op Community Health working as a Community Facilitator. In that role she was able to focus on community development, partnership development, and facilitating capacity building projects with the community. She also developed and led the Community Trauma Response Team.

Ogai Sherzoi is a Wellbeing Leader for CancerCare Manitoba and Shared Health. Her background is in social work and she has spent over 17 years working in the social services field, health-care system, and health research – with a focus in the areas of mental health and addictions, and trauma-informed care.

Christa Veitch is a Wellbeing Leader for Prairie Mountain Health and has a background in health promotion, health and wellness education, and resource development. She has spent 11 years working as a Health Promotion Coordinator in PMH and recently finished a one-year term as a Mental Wellness Program Facilitator, focusing on employee wellness and enhancing workplace culture.

If you have any further questions please contact the Provincial Wellbeing Team at **1-844-820-2010 (toll free)** or **204-926-9040**.