

Drop-in virtual wellbeing practice sessions for staff and leaders

The Provincial Wellbeing team is pleased to announce the next series of virtual drop-in wellbeing practice sessions for staff and leaders.

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.

- [Nov. 6 – Noticing Positives Gratitude Practice – 10 a.m.](#)
- [Nov. 6 – Gratitude Practice – 3:30 p.m.](#)
- [Nov. 13 - A Compassion Practice for Healthcare Workers - 7:15 a.m.](#)
- [Nov. 13 – Mindfulness Breathing and Body Scan Exercise – 10 a.m.](#)
- [Nov. 20 – Journal with Progressive Muscle Relaxation – 10 a.m.](#)
- [Nov. 20 – Beam of Light Muscle Relaxation – 3:30 p.m.](#)
- [Nov. 27 – Self-Compassion Break – 7:15 a.m.](#)
- [Nov. 27 – Self-Compassion Meditation – 10 a.m.](#)

Session Details:

Nov. 6 Theme: Gratitude

Noticing Positives Gratitude Practice

Regular gratitude practices can lead to lasting improvements in mood, health, and relationships by building appreciation and easing dissatisfaction. Starting with small habits—like noticing daily positives or expressing thanks—encourages a mindset of contentment and promotes moments of calm. This practice includes prompts to help you bring gratitude into your daily or weekly routine.

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.

Nov. 13 Theme: Mindfulness Based Practices— Breathing, Body Scan Exercises

A Compassion Practice for Healthcare Workers

In this guided loving-kindness meditation, participants will experience the opportunity to bring awareness to their patterns of thinking, settling their mind. Practicing loving-kindness meditation is a great way to cultivate our capacity for kindness to others and ourselves, while dedicating a few minutes to our self-care.

Mindfulness Breathing and 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 mindfulness breathing and body scan exercises.

Nov. 20 Theme: Muscle Relaxation

Journal with Progressive Muscle Relaxation

Journaling provides the opportunity to write down our thoughts, feelings, emotions, and experiences freely and non-judgmentally. Progressive muscle relaxation is a relaxation technique that involves tensing and relaxing our muscles (one by one). The combination of the two helps us to process emotions and thoughts much quicker, reduces tension, stress, and anxiety.

Beam of Light Muscle Relaxation

In this muscle relaxation exercise, we'll focus on mindfully releasing tension in different muscle groups throughout the body. Using the power of visualization, imagine a warm, calming beam of light moving through each area, bringing relaxation and ease. This technique can help reduce overall tension and stress, calm the mind, and promote restful sleep.

Nov. 27th Theme: Self-Compassion

Self-Compassion Break

The Self-Compassion Break, developed by Dr. Kristen Neff, is a quick exercise to build self-compassion in moments of stress. It involves three steps: acknowledging your pain (mindfulness), recognizing that suffering is universal (common humanity), and offering kindness to yourself. This simple practice can be used anytime to cultivate emotional resilience and a compassionate response toward yourself.

Self-Compassion Meditation

Self-compassion is the act of offering ourselves the same care and compassion we would give to others. This isn't always easy to do. Self-compassion meditation helps us practice and encourages us to make self-compassion a habit.

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.

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.

Chelsea McClelland is a Wellbeing Leader for Winnipeg. Chelsea is a social worker with a background in community health, specializing in outreach work, addictions, mental health, and family violence. With extensive experience working with various populations, she has most recently served as a counselor and peer wellness facilitator in post-secondary education, promoting mental health and wellness on campus while helping students navigate their challenges.

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.

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.

Jessica Morgan is a Wellbeing Leader for Emergency Response Services. She is trained as a Primary Care Paramedic with a Masters in Education and has spent the past 12 years working as a paramedic, Quality Officer, and Wellness Designate with EMS. Jess is passionate about building sustainable and equitable resources that strengthen and empower our healthcare workforce holistically.

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.

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