

REGISTER NOW!

Staff Wellness & Health Booster Session February 2024 Sleep and Our Mental Health



In recent years, we've all faced workplace, home, and social life adjustments, which can be overwhelming.

To support health system workers, Mental Health and Addictions, Shared Health, has organized Staff Wellness and Health Booster Sessions featuring timely topics like stress management and self-care, designed to fit busy schedules, with recorded sessions available as a [streaming video on demand](#).

Session Description

The relationship between sleep hygiene and mental wellness is a cycle where poor sleep can exacerbate mental health symptoms and mental health symptoms can prevent good sleep. Understanding sleep hygiene is an imperative part of maintaining mental wellness. Making adjustments to improve sleep hygiene requires learning the impacts of poor sleep, understanding of your own status of wellness, and implementing the strategies to get a good night's rest.

Presenter

Cyndi Kirupakaran Kindret is the Provider Engagement Specialist and Program Leader for the Addictions Management Program with the Employee Assistance Program with Manitoba Blue Cross. Cyndi has 10+ years of EAP experience and has worked with the program as a clinical intake worker, provider, clinician, and member of the leadership team. In her current role, Cyndi manages and provides clinical support to the provider network across Manitoba and oversees the day-to-day needs of the Addictions Program. Cyndi completed her Master of Education in Counselling Psychology at the University of Manitoba and has provided counselling to youth and adults with dependency issues at Manitoba Blue Cross and in the community. Cyndi is very excited to share more about the services provided by the EA program for employees and their families.



Session Dates

Live Session:

[Tuesday, February 6, 12 p.m.](#)

Rebroadcasts:

[Thursday, February 8, 3 p.m.](#)

[Sunday, February 11, 3 p.m.](#)

[Tuesday, February 13, 12 p.m.](#)