

REGISTER NOW!

Staff Wellness & Health Booster Sessions – Feb. 2022: Mindfulness, Compassion and Spiritual Health in Work and in Life



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.

Shared Health and the Psychological Health & Safety Committee partners have brought together skilled trainers from across the province to facilitate several Staff Booster Sessions to support health system workers.

The Staff Booster Sessions are short, timely and relevant presentations that fit into busy schedules. 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

Our hope to alleviate suffering draws us into our work in health and human service. When the suffering we work with becomes overwhelming, we suffer. We can lose the balance between meaning in our work and happiness in life.

In our February 2022 session, we'll discuss how mindfulness and compassion can support us, not to eliminate our suffering but strengthen us *because* we are suffering. We'll share in mindfulness practice to honour our everyday experience and create a toolbox to nurture our day-to-day spiritual health.

Presenter Bio



Andrew David Terhoch

Andrew is part of the Réseau Compassion Network as the Spiritual Health Practitioner for the St. Amant community. In his daily work, he supports people of all ages, cultures, and backgrounds to nurture the values and practices that are most meaningful in their lives.

He began learning about meditation 30 years ago as a daily practice and support for anxiety. He explores and practices spirituality, mindfulness, and compassion each day through new and traditional teachings.

Session Dates

[Thursday, February 17, 2022 – 12 to 1 p.m.](#)

Rebroadcasts:

[Sunday, February 20, 2022 – 3 to 4 p.m.](#)

[Tuesday, February 22, 2022 – 4 to 5 p.m.](#)

[Friday, February 25, 2022 – 12 to 1 p.m.](#)

For further information, please contact Csaxon@afm.mb.ca.