THE POWER OF YOU
UNDERSTANDING AND MAXIMIZING
HAPPINESS AND WELL-BEING

An 11-part IHA webinar series.

Feb. 18 | March 11 | April 15 | May 20 | June 17 | July 15
Aug. 19 | Sept. 23 | Oct. 14 | Nov. 18 | Dec. 16
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PROGRAM OVERVIEW

With record-high rates of burnout, turnover and disengagement in health care, these challenging times require resiliency more than ever. By incorporating and modeling compassion, engagement and kindness, work-life culture can shift to less burnout, greater retention and restoration of happiness, well-being and purpose. This reengagement can transform you into a better caregiver and colleague, which translates to improved patient satisfaction and bottom lines.

Without resilience, people become overwhelmed, make more mistakes, take longer to do things, and become physically and emotionally exhausted – all expensive in human and financial costs. Self-care skills can help keep you focused and productive by being calmer in the face of chaos. Our presenters will provide specific, practical skills to handle chaos so you can remain engaged and make the most of the joy in your work and personal lives.

Each session will be 30-45 minutes long. Recording will be available for registered attendees to share with their colleagues. Registration will be accepted at any point throughout the series.

INTENDED AUDIENCE

Health care professionals

THURSDAY, FEB. 18
10 AM

The Transformative Power of Empathy
Heather Stang, MA, C-IAYT, Author, Mindfulness & Grief Training Institute, Hagerstown, Maryland

Research shows that caregiver empathy plays a significant role in patient satisfaction, improved health outcomes and treatment compliance. Empathy is also a powerful buffer against burnout and stress for health care workers, transforming the most-difficult situations into opportunities for connection, kindness and meaning. This session will explore techniques that cultivate empathy for patients, co-workers and ourselves. It also will review the physical, emotional and spiritual benefits of empathy.

THURSDAY, MARCH 11
10 AM

Radical Kindness in the Face of Chaos and Uncertainty
Linda Cohen, MA, Founder, Linda Cohen Consulting, Beaverton, Oregon

Adaptability, communication, recognition and radical self-care have been key kindness strategies that have helped people move through these challenging times. This session will focus on what one can do, despite overwhelming compassion fatigue, to help elevate a culture of kindness. This culture increases happiness and oxytocin, and reduces burnout, stress and anxiety. It also can create an unexpected ripple effect. Attendees will be inspired and take away several actionable kindness ideas to implement immediately.
THURSDAY, APRIL 15
10 AM

Compassion Fatigue: Warning Signs, Prevention and Recovery
Heather Stang, MA, C-IAYT

Most health care professionals enter the workforce with a deeply held desire to alleviate suffering. Unfortunately, the constant exposure to physical and emotional distress in patients and families can have a negative impact on those who long to help. This session will explore the causes and warning signs of compassion fatigue, creative prevention strategies and recovery resources. The session also will discuss the role of self-care, self-compassion and social support in cultivating physical and mental health for health care professionals.

THURSDAY, MAY 20
10 AM

Developing Resilience: An Approach for Personal and Professional Well-being
Bryan Sexton, PhD, Director, Duke Center for Healthcare Safety and Quality, Duke University School of Medicine, Durham, North Carolina

The absence of something bad is not the same as the presence of something good. This session will demonstrate the links between well-being metrics and show how they vary at the individual and workplace.

THURSDAY, JUNE 17
10 AM

Journaling as Self-Care: Writing to Cope With Stress, Trauma and Grief
Heather Stang

Journaling does more than record daily experiences; it helps organize thoughts, process traumatic events and find meaning through experience. The many science-supported health benefits of journaling include:

- Improving memory.
- Increasing immune functioning.
- Reducing symptoms of depression, anxiety and trauma.

This session will explore best practices for journaling as self-care. Participants will spend some time writing and reflecting on a guided prompt.

THURSDAY, JULY 15
10 AM

Mental Well-being: Caring for Yourself and Others
Kristin Meschler, CCWS, CWC, Regional Director, Health and Productivity, Des Moines

For many years, mental health and well-being have been topics that have brought much stigma. This session will discuss mental well-being and its impact on our physical health and the mental health continuum. The session will provide insight into the importance of prevention concerning mental health and ways to engage others to provide support when life becomes overwhelming.
THURSDAY, AUG. 19
10 AM

Deep Relaxation for Getting Your Zzz’s
Heather Stang, MA, C-IAYT

Sleepless nights take their toll on every aspect of one’s being, from daytime sleepiness and mild irritability to an increased risk of mortality because of accidents and stress-related illness. Turning stress off before bed is crucial for getting a good night’s sleep. Deep relaxation techniques can bridge the gap between “going, going, going …” and getting the rest you need. This session will explore a variety of deep-relaxation techniques proven to reduce insomnia, anxiety and stress while boosting health and a sense of well-being. The session handouts include a guided-meditation audio file designed to cultivate deep relaxation and encourage good sleep.

THURSDAY, SEPT. 23
10 AM

Eating for Energy: Tips for Balanced Nutrition
Maria Sorbara Mora, MS, CEDRD, C-IAYT, Executive Director, Integrated Eating Nutrition-Dietetics PPLC, New York City

With so much nutrition misinformation, deciding how to eat healthfully can be a challenge. Add in a chaotic work schedule and busy lifestyle, and it gets more complicated. Top it off with one of the most stressful years the world has witnessed and eating balanced meals becomes nearly impossible. This session provides attendees with simple but impactful tips to eat for energy no matter what life throws your way.

THURSDAY, OCT. 14
10 AM

Mindfulness as Your Superpower
Heather Stang, MA, C-IAYT

Mindfulness isn’t just for naturally calm people. It’s an innate superpower that can help people cope with the most-challenging situations. Mindfulness can be practiced as a coping skill and self-care technique to regulate internal stress response and clear space for clarity and insight while one’s mind is on overload. This session will explore mindfulness techniques that can be practiced by health care professionals on and off the job. The session handouts include a guided meditation audio file designed to activate mindfulness superpowers.

THURSDAY, NOV. 18
10 AM

Breathe, Body and Aroma: Staying Calm Among the Chaos
Jason Wendroff-Rawnicki, RYT, MA, Certified Yoga Instructor, Shine Yoga Center

Stress and chaos pervade daily living. How someone responds to stress and chaos can have an impact on health and well-being. This experiential session will discuss the visceral connection between breath and physical stress. As we breathe through our noses, our senses of smell can affect our emotional state. Aromas can be used to calm us, our environments and the people around us. The session presenter will lead attendees in a series of movements that will connect breath and body to find a place of stillness among the constant movement of our lives.
THURSDAY, DEC. 16
10 AM

**Building Your Resilience Toolkit**
*Heather Stang, MA, C-IAYT*

A way to cultivate physical and emotional resilience is to know what tools one has to work with. Taking stock of existing coping mechanisms and modifying them, if necessary, will help navigate difficult situations with less anxiety and stress. Planning regular self-care activities will help to regularly restore the body and mind. Knowing your “why” – the aspiration that keeps you going – can give hope and help reset your course when you’re feeling off track. This session will build an individualized resilience toolkit based on coping mechanisms, self-care and aspiration. Attendees will leave feeling empowered to take charge of their well-being.

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**SPEAKERS**

**Linda Cohen** works with businesses and associations on the return of investment of kindness. Cohen helps leaders improve communication, boost teamwork and improve employee engagement by focusing on a strong culture of kindness. She is the author of “1,000 Mitzvahs: How Small Acts of Kindness Can Heal, Inspire and Change Your Life.”

**Kristin Meschler** specializes in wellness, employer health and productivity solutions at AssuredPartners. Meschler creates and carries out strategies for employers with the goal of lowering employee health care costs, medicines and workers’ compensation claims while improving employee quality of life.

**Maria Sorbara Mora** is the founder of Integrated Eating Dietetics-Nutrition, where her practice includes nutrition guidance and therapy, meal support and yoga therapy, yoga therapy groups, clinical supervision and professional trainings. She has treated people with eating disorders for more than 15 years and began instituting yoga therapy into her practice with eating disorder clients.

**Bryan Sexton** has captured the wisdom of front-line caregivers through rigorous assessments of safety culture, teamwork and workforce resilience. Sexton’s research instruments have been used in more than 3,000 hospitals in 30 countries.

**Heather Stang** is the author of “Mindfulness and Grief” and the forthcoming guided journal, “From Grief to Peace.” She is the founder of the Mindfulness and Grief Institute, where she facilitates Awaken, a mindfulness-based online group, and hosts the Mindfulness and Grief Podcast. Heather holds a master’s degree in thanatology from Hood College and is on the advisory board for the Tragedy Assistance Program for Survivors.

**Jason Wendroff-Rawnick** is a certified yoga educator passionate about facilitating transformation and committed to empowering people and families with simple and effective tools to manage their mental, emotional and physical health. He is the co-founder of Shine Yoga Center. He travels worldwide leading classes, workshops and retreats, educating about the benefits and powers of essential oils.
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• A registration fee is charged per telephone line.
• Multiple people from the same institution may participate for the same fee.
• No shows will be billed.

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