

# Healthy Hospital

WORKING GROUP

# October is Healthy Workplace Month!



THANKS TO OUR SPONSORS

Established in 2018, the Healthy Hospital Working Group (HHWG) is comprised of wellness leads from 48 hospitals across Canada as a way to exchange best practices and share innovative ways to support those working in healthcare. You are invited to virtually attend a variety of workshops and educational sessions brought to you by the Healthy Hospital Working Group.

Attend the live sessions or watch the recordings by November 10 to be entered into prize draws.





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## October Sessions

| Session Title  | Date / Time                       | Join Meeting   |
|--|-----------------------------------|--|
| UHN BRITE Moment   | Mon. Oct. 2<br>2:15pm - 2:30pm    | <a href="#">Click here to learn more and register</a>  |
| Screen Time & Eye Health Webinar                                     | Wed. Oct. 4<br>12pm – 12:30pm     | <a href="#">Click here to Join</a><br>on Zoom<br>Meeting ID: 684 5468 2409<br>Passcode: 516782                                   |
| CMHA: Your Health Space Webinar                                      | Wed. Oct. 4<br>2pm - 3pm          | <a href="#">Click here to Join</a><br>on Zoom<br>Meeting ID: 837 1434 3076<br>Passcode: 682274<br>**Meeting will not be recorded |
| UHN BRITE Moment   | Wed. Oct. 11<br>2:15pm - 2:30pm   | <a href="#">Click here to learn more and register</a>  |
| Moral Distress Webinar   | Thurs. Oct. 12<br>12pm – 1pm      | <a href="#">Click here to learn more and register</a>  |
| UHN BRITE Moment   | Mon. Oct. 16<br>2:15pm - 2:30pm   | <a href="#">Click here to learn more and register</a>  |
| Nurturing Mindfulness:<br>Embracing Inner Calm in Everyday<br>Living | Tues. Oct. 17<br>12pm – 12:30pm   | <a href="#">Click here to learn more and register</a>  |
| Music for the Mind   | Thurs. Oct. 19<br>1:45pm – 2:30pm | <a href="#">Click here to Join</a><br>on Webex   |
| UHN BRITE Moment   | Mon. Oct. 23<br>2:15pm - 2:30pm   | <a href="#">Click here to learn more and register</a>  |
| Women's Health:<br>Cancer Screening --<br>What's In It For You?      | Tues. Oct. 24<br>12pm – 1pm       | <a href="#">Click here to learn more and register</a>  |
| Good Sleep for Good Health   | Thurs. Oct. 26<br>12pm – 1pm      | <a href="#">Click here to learn more and register</a>  |
| UHN BRITE Moment   | Mon. Oct. 30<br>2:15pm - 2:30pm   | <a href="#">Click here to learn more and register</a>  |

Please note, all Webinars will take place on Microsoft Teams unless otherwise noted

**Attend the live/recorded sessions to be entered into prize draws.**



## Week 1 (October 1 - 7)

### UHN BRITE Moment

Practice Being BRITE -- Through Self-Regulation

**Monday October 2 at 2:15pm - 2:30pm**

BRITE™ Building Resilience within Institutions Together with Employees is a novel workplace program aimed at improving well-being and employee engagement. Learn about the power of Self-Regulation through the Strong Back, Soft Front Practice.

### Screen Time & Eye Health:

Getting Ahead of Dry Eye Disease Epidemic

**Wednesday October 4 from 12pm - 12:30pm on Zoom**

**Meeting ID: 684 5468 2409 | Passcode: 516782**

This talk will explore the basic underlying causes of dry eye disease, explain the importance of regular ocular examinations that include screening for signs of dry eye disease, even in patients who may not exhibit any symptoms. A discussion will also take place surrounding how symptoms of dry eye disease can affect one's lifestyle and functionality if they become too advanced. Recommendations on prevention and slowing of dry eye disease progression will also be addressed.

### CMHA Your Health Space Webinar:

Dealing with Transitions and Managing Workplace Stress

**Wednesday October 4 from 2pm-3pm on Zoom (Meeting will not be recorded)**

**Meeting ID: 837 1434 3076 | Passcode: 682274**

Uncertainty and unpredictability have been constants throughout the last few years as has the need to navigate transitions. In this workshop participants will have the opportunity to gain insight into change processes and their impact on workplace mental health and employee well-being. Strategies for managing stress and exercising balance will also be explored.

**Attend the live/recorded sessions to be entered into prize draws.**



## Week 2 (October 8 - 14)

### UHN BRITE Moment

Practice Being BRITE -- Through Self-Awareness

**Wednesday October 11 at 2:15pm - 2:30pm**

BRITE™ Building Resilience within Institutions Together with Employees is a novel workplace program aimed at improving well-being and employee engagement. Learn about the power of Self-Awareness through the S.T.O.P Practice.

### Moral Distress:

Supporting Ourselves Through Moral Distress

**Thursday October 12 from 12pm-1pm**

Join us for a webinar on Moral Distress and how to support ourselves through the experience of moral distress to prevent possible moral injury. This webinar will explore:

- Understanding and acknowledging moral distress
- Tools to help manage the impact of moral distress
- Resources – know what is available for you and your colleagues

**Attend the live/recorded sessions to be entered into prize draws.**



## Week 3 (October 15 - 21)

### UHN BRITE Moment

Practice Being BRITE -- Through Perspective

**Monday October 16 at 2:15pm - 2:30pm**

BRITE™ Building Resilience within Institutions Together with Employees is a novel workplace program aimed at improving well-being and employee engagement. Learn about the power of Perspective through the Self-Compassion Practice.

### Nurturing Mindfulness:

Embracing Inner Calm in Everyday Living

**Tuesday October 17 at 12pm-12:30pm**

In this session, we will provide you with an introduction to mindfulness meditation. Experience a guided meditation session accompanied by periods of noble silence, allowing you to delve deeper into your practice. Additionally, we will explore the cultivation of loving-kindness, fostering compassion and inner peace. Join us for this enriching experience of mindfulness and self-discovery.

### Music for the Mind:

**Thursday October 19 at 1:45pm-2:30pm on Webex**

Join us for a live concert and Q&A with musicians from the Royal Conservatory of Music. This concert will be performed inside the Arrell Family Auditorium at the CAMH Queen Street Campus.

**Attend the live/recorded sessions to be entered into prize draws.**



## Week 4 (October 22 - 28)

### UHN BRITE Moment

Practice Being BRITE -- Through Connectedness

**Monday October 23 at 2:15pm - 2:30pm**

BRITE™ Building Resilience within Institutions Together with Employees is a novel workplace program aimed at improving well-being and employee engagement. Learn about the power of Connectedness through the Just Like Me Practice.

### Women's Health:

Cancer Screening -- What's In It For You?

**Tuesday October 24 at 12pm - 1pm**

This presentation will discuss the rationale for, and benefits of, cancer screening. A brief overview of four available cancer screening programs (breast, cervical, colorectal, and lung) will be shared.

### Sleep:

Good Sleep for Good Health

**Thursday October 26 at 12pm - 1pm**

In this workshop we will be talking about sleep quality in adults, health consequences of sleep disturbances, and behavioural management strategies to improve sleep quality.

**Attend the live/recorded sessions to be entered into prize draws.**



## Week 5 (October 29 - 31)

### UHN BRITE Moment

Practice Being BRITE -- Through Optimism

**Monday October 30 at 2:15pm - 2:30pm**

BRITE™ Building Resilience within Institutions Together with Employees is a novel workplace program aimed at improving well-being and employee engagement. Learn about the power of Optimism through the Gratitude Practice.

**Attend the live/recorded sessions to be entered into prize draws.**

