



THUNDER BAY REGIONAL HEALTH SCIENCES CENTRE



Join us for a workplace mental health workshop:

**February 13
in Auditorium B**

1130 – 1230 - Protection from Burnout

Explore the three components of burnout while uncovering associated risk factors and protective factors to help prevent burnout.

1300 – 1400 - Empathic Strain

Empathy is a must-have quality for health care workers, but it can be difficult to sustain. An overview of how empathic strain manifests in the caring professions and practical steps that can be taken to keep this occupational stressor at bay.

1430 – 1530 – Being Mindful at Work

An overview of the components of mindfulness with practical opportunities to examine how mindfulness can be personalized for use at work & elsewhere.



A free workplace mental health service
for Ontario's health care organizations



Canadian Mental
Health Association
Ontario

