

## Worry to Wellness – Building Your Resilience Webinar - ORHMA

As humans, we like control and certainty. Regular life holds enough uncertainty to cause anxiety without the world facing a pandemic. Since the outbreak of COVID-19 and the precautions taken to reduce risk, many of us are left worrying about a plethora of demands - work, finances, childcare and/or the health of loved ones and ourselves. Facing all of this at once is bound to exacerbate our workplace anxiety, stress and other mental health concerns.

Over the course of this workshop, participants will explore practices to help shift their mindset to one that protects their mental wellbeing while also strengthening their ability to adapt to demands in the workplace. This is not about removing stress, but rather changing how we view and respond to it.

Building resilience can move employees towards gaining the internal locus of control to tackle the many life challenges.

### **Learning Outcomes**

- ✓ Understand the relationship between mental health, stress and burnout
- ✓ Define personal resilience and identify constructs that positively affect mental wellbeing
- ✓ Identify positive psychological practices that foster self-awareness and emotional regulation

### **Facilitator Biography**

Leila Turner, BA, CTDP

Learning Consultant

Leila is a skilled Learning and Development professional with nearly 20 years of progressive experience in instructional design and facilitation. As well, she has extensive experience working in a consulting role to help organizations achieve their desired outcomes.

Driven by the vision and values of CAMH, Leila has a passion for helping improve the wellbeing of employees and has worked with a variety of organizations to develop workplace mental health strategies and deliver customized mental health training.

