

IO21-131 Diving Into Self-Care in Disaster Times & Beyond - A Toolkit for Parents



PRESENTED BY

Christina Harvey



SERIES SESSIONS

Date	Time
March 17, 2021	6:30 PM – 7:15 PM
March 24, 2021	6:30 PM – 7:15 PM
March 31, 2021	6:30 PM – 7:15 PM



LOCATION

Online - Your Computer

FEE

\$0.00

QUESTIONS?

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Program

This toolkit was designed for individuals, peer supporters, wellness champions, teams, and leaders. Its aim is to provide information and practical tools for self-awareness, personal and team wellness, and organizational planning to meet self-care needs, particularly amid the challenges of disaster response/recovery work and the pandemic. From small steps to strategic wellness plans, this toolkit includes a range of resources to draw from, along with consultation support to assist your teams and organizations with planning and implementing next steps. It provides a broader overview to allow you to adapt the tools to local and organizational needs. The toolkit includes: Evidence-based responder self-care content for individual, team and organizational wellness, Experiential activities for personal reflection, team conversations, and planning, Tips for supporting personal, team, and organizational wellness, Information about available resources and Tools to develop a personal, team and/or organizational self-care plan. During and after stressful events, even more so if events are cumulative, it's important to recognize that self-care can sometimes be more complex and changeable than simply attending to bubble baths and bedtimes, so to speak. Our hope is that you will draw from the toolkit to develop and sustain your personal and organizational self-care capacity, culture, and well-being—before, during and beyond disaster, emergency and crisis events—to support your physical, mental, emotional and

spiritual health throughout the important response and recovery work that you do. Considerations for Leaders and Organizations – Self-care and well-being rests within both individual awareness and reflection (including leaders) and team and organizational wellness supports, culture, and innovation. The benefits of leader action and modelling and of workplace and self-care wellness culture are supported in literature. Workplace wellness culture is informed by, and in turn, can support psychological health and safety in the workplace.

Presenters

Christina Harvey

Christina Harvey is a Health Promotion Facilitator with Community Addiction and Mental Health based out of Wainwright. Christina serves MD of Wainwright, MD of Provost, Flagstaff County and East side of Beaver County. Currently Christina chairs two community coalitions and participates with many others in her communities. Through volunteering Christina has witnessed the power of communities and appreciates meeting and collaborating with many community members throughout Central Zone.

Registration Notes

Once you have registered for a professional learning session, our system automatically generates and sends a **'Confirmation of registration email'**. This 'automatic response' will be sent to the email address you enter at the time of registration'. If the workshop you registered for is **Online**, you will find a link to connect you to the workshop in your confirmation email. If you do **NOT** receive a confirmation email within 24 hours of registering, please check your **Spam/Junk/Trash file**. If you do not receive a confirmation email, please contact celine.zevola@learning-network.org