

FRIDAY, OCTOBER 7, 2022											
SESSION 1: 8:00 AM – 12:00 PM											
8-9	Welcome/Keynote #1: <b>Burnout and Self-Care: The Road to Wellness</b> Kirsten Lind Seal, PhD, LMFT Main Stage										
9-9:15	Transition/Exhibitors										
	Workshop Round 1										
9:15- 10	Spiritual Wellness	Creative Journaling for Resilience	Re-centering yourself by discovering your personal credo	Building meditation & mindfulness practices	Reflective Journaling	Chaos to Coherence	Having a HOME; Your heart at REST	Why do we press harder on the remote when we know the batteries are dead?	Offering selfcare & peer support through the spirit of Stress 1st Aid		
10- 10:15											
10:15- 11	Offering selfcare & peer support through the spirit of Stress 1st Aid	Creative Journaling for Resilience	POWER UP: Intro to Mental Fitness	Habits	Renew, Release, Restore	Re-centering yourself by discovering your personal credo	Working the Muscle of Resilience	Selfcare for Healthcare, Trusting your internal compass	Why do we press harder on the remote when we know the batteries are dead?		
11- 11:15	1:15										
Workshop Round 3											
11:15- 12	Spiritual Wellness	Reflective Journaling	POWER UP: Intro to Mental Fitness	Building meditation & mindfulness practices	Renew, Release, Restore	Chaos to Coherence	Having a HOME; Your heart at REST	Offering selfcare & peer support through the spirit of Stress 1st Aid	Why do we press harder on the remote when we know the		



									batteries		
									are dead?		
SESSIC	ON 2: 12:30 PM	– 4:30 PM									
12:30-	Welcome/Key	note #2: From the	Frontline to the Fu	ture							
1:30	Jesse Ross										
	Main Stage										
1:30-	Transition/Exl	hibitors									
1:45											
	_			Workshop	Round 1						
1:45-	Group	Reflective	Re-centering	Building	Renew,	Chaos to	Making Stuff	Self-	Working the		
2:30	Acupuncture	Journaling	yourself by	meditation &	Release,	Coherence	& Finding	Acupressure	Muscle of		
	Experience		discovering your	mindfulness	Restore		Joy		Resilience		
			personal credo	practices							
2:30-	Transition/Exl	hibitors									
2:45											
2.45		l o		Workshop					o (		
2:45-	Group	Creative	POWER UP: Intro	Re-centering	Renew,	Chaos to	Having a		Offering		
3:30	Acupuncture	Journaling for	to Mental Fitness	yourself by	Release,	Coherence	HOME; Your		selfcare &		
	Experience	Resilience		discovering your personal	Restore		heart at REST		peer support		
				credo			KEST		through the		
				credo					spirit of		
									Stress 1st		
									Aid		
3:30-	Transition/Exl	hibitors							1		
3:45											
				Workshop	Round 3						
3:45-		Creative	POWER UP: Intro	Building	Reflective	Re-Igniting	Making Stuff	Recognizing &	Chaos to		
4:30		Journaling for	to Mental Fitness	meditation &	Journaling	the Spirit of	& Finding	coping with	Coherence		
		Resilience		mindfulness		Caring	Joy	secondary			
				practices				trauma			
SESSIC	N 3: 5:00 PM -	8:30 PM (All prese	entations on main st	tage, no breakou	ts)						
5-6	Welcome/Key	note #3: Finding Y	our Beat—the Rhyt	thm of Life							
	Tim Eggebraaten										



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	Main Stage											
6-6:10	Break											
6:10-	Workshop Sampler:											
7:20	Creative Journaling for Resilience   Natalie Lu											
	Moving from Chaos to Coherence   Kerry Appleton											
	Recognizing and coping with secondary trauma through expressive therapy   Patricia Welch											
7:20-	Break											
7:30												
7:30-	Healthcare Sto	•										
8:30	5 pre-selected	stories from our h	ealthcare commun	ity will be shared								
	DAY, OCTOBE											
	N 4: 8:00 AM -											
8-9			nd Self-Care: The Ro	oad to Wellness								
	Kirsten Lind Se	eal, PhD, LMFT										
	Main Stage											
9-9:15	Transition											
				Workshop								
9:15-	Group	Creative	POWER UP: Intro	Re-Igniting the	Meditation +	Chaos to	Reflective	Spiritual	Creating			
10	Acupuncture	Journaling for	to Mental Fitness	Spirit of Caring	Sound Bath	Coherence	journaling	Wellness	Calm in			
	Experience	Resilience							Today's Chaos			
10-	Transition								Chaos			
10:15	Transition											
				Workshop	Round 2							
10:15-	Creating Calm	Having a HOME;	Zumba	Selfcare for	Meditation +	Spiritual	Making Stuff	Recognizing &	Self-			
11	in Today's	Your heart at		Healthcare,	Sound Bath	Wellness	& Finding	coping with	Acupressure			
	Chaos	REST		Trusting your			Joy	secondary				
				internal				trauma				
				compass								
11-	Tuo noiti o n											
11:15	Transition											
11.13				Workshop	Round 3							
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11:15-	Group	Creative	POWER UP: Intro	Creating Calm	Spiritual	Chaos to	Making Stuff	Recognizing &	Reflective	
12	Acupuncture	Journaling for	to Mental Fitness	in Today's	Wellness	Coherence	& Finding	coping with	Journaling	
	Experience	Resilience		Chaos			Joy	secondary		
								trauma		
SESSION 5: 12:30 PM – 3:30 PM (All presentations on main stage, no breakouts)										
12:30-	12:30- Welcome/Keynote #5: Finding Your Beat—the Rhythm of Life									
1:30	Tim Eggebraaten									
1:30-	Break									
1:40										
1:40-	Workshop Sampler:									
2:20	Why do we press harder on the remote when we know the batteries are dead?   Mitchell Radin									
	Having a HOME; Your Heart at REST   Gretchen Stevenson									
2:20-	Break									
2:30	0									
2:30-	Get Comfortable Being Uncomfortable									
3:30	Brave New Outpost									

#### **Session Themes**

### **Experience**

A small group session, with active participation.

### Healing/Recovery

Activities that aid in recovery from stressful events

# **Grounding/In the Moment Techniques**

Activities that provide tools and techniques people can use on the job to re-set their autonomic nervous system so they can continue working while caring for themselves

# **Strengthening Resilience**

Activities that strengthen the capacity to deal with stressors over time