



Minnesota Care's EVENT SCHEDULE

FRIDAY, OCTOBER 7, 2022									
SESSION 1: 8:00 AM – 12:00 PM									
8-9	Welcome/Keynote #1: Burnout and Self-Care: The Road to Wellness 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 1 st Aid
10-10:15	Transition/Exhibitors								
Workshop Round 2									
10:15-11	Offering selfcare & peer support through the spirit of Stress 1 st 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	Transition/Exhibitors								
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 1 st Aid	Why do we press harder on the remote when we know the



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									batteries are dead?
SESSION 2: 12:30 PM – 4:30 PM									
12:30-1:30	Welcome/Keynote #2: From the Frontline to the Future Jesse Ross Main Stage								
1:30-1:45	Transition/Exhibitors								
Workshop Round 1									
1:45-2:30	Group Acupuncture Experience	Reflective Journaling	Re-centering yourself by discovering your personal credo	Building meditation & mindfulness practices	Renew, Release, Restore	Chaos to Coherence	Making Stuff & Finding Joy	Self-Acupressure	Working the Muscle of Resilience
2:30-2:45	Transition/Exhibitors								
Workshop Round 2									
2:45-3:30	Group Acupuncture Experience	Creative Journaling for Resilience	POWER UP: Intro to Mental Fitness	Re-centering yourself by discovering your personal credo	Renew, Release, Restore	Chaos to Coherence	Having a HOME; Your heart at REST		Offering selfcare & peer support through the spirit of Stress 1 st Aid
3:30-3:45	Transition/Exhibitors								
Workshop Round 3									
3:45-4:30		Creative Journaling for Resilience	POWER UP: Intro to Mental Fitness	Building meditation & mindfulness practices	Reflective Journaling	Re-Igniting the Spirit of Caring	Making Stuff & Finding Joy	Recognizing & coping with secondary trauma	Chaos to Coherence
SESSION 3: 5:00 PM – 8:30 PM (All presentations on main stage, no breakouts)									
5-6	Welcome/Keynote #3: Finding Your Beat—the Rhythm of Life Tim Eggebraaten								



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	Main Stage								
6-6:10	Break								
6:10-7:20	Workshop Sampler: Creative Journaling for Resilience Natalie Lu Moving from Chaos to Coherence Kerry Appleton Recognizing and coping with secondary trauma through expressive therapy Patricia Welch								
7:20-7:30	Break								
7:30-8:30	Healthcare Story Slam: 5 pre-selected stories from our healthcare community will be shared								
SATURDAY, OCTOBER 8, 2022									
SESSION 4: 8:00 AM – 12:00 PM									
8-9	Welcome/Keynote #4: Burnout and Self-Care: The Road to Wellness Kirsten Lind Seal, PhD, LMFT Main Stage								
9-9:15	Transition								
Workshop Round 1									
9:15-10	Group Acupuncture Experience	Creative Journaling for Resilience	POWER UP: Intro to Mental Fitness	Re-Igniting the Spirit of Caring	Meditation + Sound Bath	Chaos to Coherence	Reflective journaling	Spiritual Wellness	Creating Calm in Today's Chaos
10-10:15	Transition								
Workshop Round 2									
10:15-11	Creating Calm in Today's Chaos	Having a HOME; Your heart at REST	Zumba	Selfcare for Healthcare, Trusting your internal compass	Meditation + Sound Bath	Spiritual Wellness	Making Stuff & Finding Joy	Recognizing & coping with secondary trauma	Self-Acupressure
11-11:15	Transition								
Workshop Round 3									



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11:15-12	Group Acupuncture Experience	Creative Journaling for Resilience	POWER UP: Intro to Mental Fitness	Creating Calm in Today's Chaos	Spiritual Wellness	Chaos to Coherence	Making Stuff & Finding Joy	Recognizing & coping with secondary trauma	Reflective Journaling
SESSION 5: 12:30 PM – 3:30 PM (All presentations on main stage, no breakouts)									
12:30-1:30	Welcome/Keynote #5: Finding Your Beat—the Rhythm of Life Tim Eggebraaten								
1:30-1:40	Break								
1:40-2:20	Workshop Sampler: 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								
2:20-2:30	Break								
2:30-3:30	Get Comfortable Being Uncomfortable 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