



**Minnesota Care's Workshop Overview:**

Workshop Title	Workshop Facilitator(s)	Workshop Description & Learning Objectives
<p><b>Offering Self-Care and Peer Support Through the Spirit of Stress First Aid</b></p>	<p>Dyani Saxby, PhD, ABPP</p> <p>Megan Daman, MA, APRN</p> <p>Minneapolis VA Healthcare System</p>	<p>Participants will learn about Stress First Aid (SFA), which is a model that seeks to help workers in high stress occupations improve recovery from stress reactions. While this framework acknowledges the importance of individual well-being, it goes beyond that to emphasize the importance of coworker support. The SFA model seeks to offer support and validation through appropriate sharing, mentorship, and leadership through core actions to identify and address stress reactions before they develop into problems. This session will share the results of a SFA program evaluation across four different VA's. Participants of this workshop will actively participate in a SFA session post didactic component.</p> <ol style="list-style-type: none"> <li>1. Obtain a brief overview of the SFA model and how it was implemented at Minneapolis VA.</li> <li>2. Learn about impact of SFA at 4 VA health systems throughout the country.</li> <li>3. Experience a SFA session that emphasizes connectedness.</li> </ol>
<p><b>Re-centering yourself by discovering your Credo</b></p>	<p>Greg Hayes, BS, NREMT, Certified Firefighter</p> <p>Metro Emergency Services Board</p>	<p>All of us joined this profession to help others in a time of need. What was forgotten is that we also need to develop strategies to help ourselves. Within this impactful presentation, you will look at "why" you decided to help others but most importantly what your individual "credo" entails. Identifying and reflecting on your personal credo is a highly effective strategy to re-grounding yourself though difficult experiences.</p> <ol style="list-style-type: none"> <li>1. Identify your original "why" you entered a profession of serving others.</li> </ol>



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		<ol style="list-style-type: none"> <li>2. Identify and describe what motivates all of us.</li> <li>3. Identify and describe a "credo" and what our individual credo entails.</li> </ol>
<b>Having a HOME; Your Heart at REST</b>	<p>Gretchen Stevenson, MTh</p> <p>Speaker, Author, Founder of Gretchen Stevenson Ministries</p>	<p>Where is home for you? Where do you find rest? In the span of a few years, the pandemic has divided families, fractured relationships, taken lives, and exhausted health care providers. We long for a place to find rest that grounds us, nourishes our souls, and empowers us to go back out to serve. In this workshop, you will explore and identify where your heart is most at home and how you can find rest during times of crisis and personal challenge.</p> <ol style="list-style-type: none"> <li>1. To identify how you define home and rest for your heart.</li> <li>2. To reunite your heart with home so you can serve from a place of strength and wholeness.</li> </ol>
<b>Group Acupuncture Experience</b>	<p>Heidi Kimmer, L.Ac</p>	<p>Experience the benefits of acupuncture, focusing on stress reduction points in an intimate group setting. Small needles will be placed on hands, ears, and head for 15-20 minutes. Heidi Kimmer L.Ac will be facilitating this group, she is a licensed acupuncturist in MN and Board Certified through NCCAOM. *Contact hours are not available for this session.</p>
<b>Renew, Release and Restore</b>	<p>Kari Ealy, BSN, RN, Certified yoga teacher</p>	<p>Please join us for renewing (breath work), releasing (through small movements in our body), and restoring (with guided meditation). This movement practice will involve small movements that will help to release patterns of stress and tension in the body. This renewing and restoring allows us to release and let go of what is no longer serving our bodies and our minds. All</p>

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		<p>bodies are welcomed and encouraged to participate. These practices will be done while seated in a chair.</p> <ol style="list-style-type: none"> <li>1. Renew body and mind through breath work.</li> <li>2. Release patterns of stress and tension in the body.</li> <li>3. Restore body and mind with guided meditation.</li> </ol>
<p><b>Meditation + Sound Bath For Deep Relaxation</b></p>	<p>Kelly Smith, E-RYT 500          Founder, Yoga For You &amp;          Host, Mindful in Minutes Podcast</p>	<p>In this 45-minute class you will be led to a space of deep relaxation and reset. The class will begin with a guided meditation to help you quiet your mind and relax your body and then will go into a sound bath session utilizing crystal singing bowls.  <i>*Participants are encouraged to bring a yoga mat</i></p> <ol style="list-style-type: none"> <li>1. Rest your body and quiet your mind.</li> <li>2. Experience deep stress relief.</li> <li>3. Get an energetic clearing through soundwaves.</li> </ol>
<p><b>Self-Care for Healthcare, Trusting your Internal Compass</b></p>	<p>Kenzie Wilcox, Certified Life Coach          WGH Group, LLC</p>	<p>You rely on your gut instincts in your everyday work; whether a patient is sick or takes a turn, you have a gut instinct on what to do. Now, what if we turned that intuition onto ourselves? What would that look like? What would that feel like?</p> <ol style="list-style-type: none"> <li>1. Identify what your gut instinct feels like.</li> <li>2. Identify where you have used instinct before.</li> <li>3. Engage in learning how to trust your gut.</li> </ol>
<p><b>Moving From Chaos to Coherence</b></p>	<p>Kerry Appleton, MAN, RN, CCRN-K, Certified HeartMath Trainer          Nancy Wheelock-Scott, M.Ed., BS, Certified HeartMath Trainer</p>	<p>Is the chaos in your life exhausting you? Then join us to learn how using HeartMath® tools can help you to shift &amp; reset in challenging moments. This workshop session offers emotional regulation techniques designed to be used on the job, in 60 seconds or less.</p> <ol style="list-style-type: none"> <li>1. Identify emotions and feelings that create coherence</li> <li>2. Practice HeartMath® energy regulating techniques</li> </ol>



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	<p>Emily Leshon, MSOL, BSN, RN, Certified HeartMath Trainer</p> <p>North Memorial Health</p>	<p>3. Create a choice point in the face of chaos that benefits your physiology</p>
<p><b>Spiritual Wellness</b></p>	<p>Rev. Kevin Coder, MDIV, MAMFT Rev. Erin Hurley Robinson, MDIV, MAMFT</p> <p>Walker Methodist</p>	<p>We will explore spiritual wellness; the finding of your life’s meaning and purpose, and understanding the values, beliefs, and morals that guide your actions. We will explore spiritual wellness practices in our lives. A way of living according to what motivates us and engages us in life.</p> <ol style="list-style-type: none"> <li>1. Explore spiritual wellness, and spiritual fitness. What’s the difference?</li> <li>2. Identify what patterns or practices have you uncovered, explored in the last few years due to external variables (i.e., pandemic, staffing crisis).</li> <li>3. Identify what new patterns or practices do you intend to keep going.</li> </ol>
<p><b>Reflective Journaling</b></p>	<p>Kristin Peterson, RT(R)(CV), Professional mixed media artist</p> <p>Altered States Studio</p>	<p>This workshop will use a simplified method of art journaling and color association to create notecards. Participants will find their words and use color-block style coloring to create personalized notecards. This art journaling experience is meant to be creative, simple, and engaging while allowing for a visual cue of feelings by color and showcasing that we are all in this together.</p> <ol style="list-style-type: none"> <li>1. Benefits of art journaling</li> <li>2. Verbalize color association</li> </ol>

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<p><b>Working the Muscle of Resilience</b></p>	<p>Margaret Gavian, PhD, LP           Founder &amp; Director of Blue Peak Consulting</p>	<p>In this workshop, you'll learn about the biology of stress, the specific impacts on first responders, and how to plan for resilience in a challenging job.</p> <ol style="list-style-type: none"> <li>1. Understand the biology of stress</li> <li>2. Identify effects of the work of first responders</li> <li>3. Describe strategies to plan for resilience</li> </ol>
<p><b>Building Meditation and Mindfulness Practices</b></p>	<p>Melissa J. Arbuckle, BA, MBA (2023)           Peace. Purpose. Productivity</p>	<p>Meditation is a powerful tool to help clear our minds and feel more centered. Despite its positive impact and many benefits, many of us struggle with meditation. Either because we think we don't know how or that we don't have enough time. This workshop will explore various meditation practices and help you begin to understand which are best for you. Learn ways to integrate meditation into your daily life, whether you have one minute or one hour to devote to your meditation practice. Session will include an opportunity to experience practical application of the concepts presented.</p> <ol style="list-style-type: none"> <li>1. Learn various methods for integrating meditation practices into everyday life.</li> <li>2. Understand which meditation practices are a "best fit" for each individual and their unique circumstances.</li> <li>3. Practical experience in more than one mediation method will be included in the workshop.</li> </ol>
<p><b>Self-Care with Self Acupressure</b></p>	<p>Michael Gardos Reid, MA, LPC, BC-DMT           Allina Health</p>	<p>Self-acupressure provides simple guidance in applying nurturing self-touch and in the process can help us to mindfully connect with ourselves. This workshop will lead participants to explore traditional and spontaneous patterns of self-touch and holding to assist with getting better sleep, managing stress and anxiety as well as practicing self-witnessing meditation.</p>



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		<p><u><i>*Participants are encouraged to bring a yoga mat.</i></u></p> <ol style="list-style-type: none"> <li>1. Participants will practice qualities of touch and traditional patterns of touch for several common areas of stress management.</li> <li>2. Participants will learn techniques of spontaneous self-guided self-acupressure for self-nurture and stress management.</li> <li>3. Participants will practice mindfulness skills woven into practices of self-acupressure.</li> </ol>
<p><b>Why Do We Press Harder on the Remote Control When We Know the Batteries Are Dead?</b></p>	<p>Mitchell Radin, PsyD, LP Hennepin Healthcare</p>	<p>People who enter a career in professional caregiving are taught complex technical skills to help people in need but are rarely taught how to do the emotional heavy lifting required to sustain a long and satisfying career. The result is a workforce struggling with issues of burnout, compassion fatigue, moral injury, and vicarious trauma. As there is no “one size fits all” approach to stress management, participants in this workshop will learn the mechanisms behind our stress responses, how they impact thinking and mood, and how to adapt coping strategies unique to each individual participant.</p> <ol style="list-style-type: none"> <li>1. Understand the psychobiology of stress and trauma that contribute to some of the puzzling behaviors and feelings that can dominate us.</li> <li>2. Develop a shared understanding and language of stress and trauma.</li> <li>3. Provide guiding principles and practical tools to support wellness at work.</li> </ol>
<p><b>Re-Igniting the Spirit of Caring</b></p>	<p>Mourine Evans, BSN, MS, RN</p>	<p>Re-Igniting the Spirit of Caring (RSC) engages, grounds, renews, and unifies staff from all departments and all disciplines. The</p>



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	Creative Healthcare Management	<p>focus is caring across three vital relationships: the clinician’s relationship with self, with colleagues, and with patients and their families. Participants experience a reawakening of joy and meaning in their work and a renewed commitment to shared purpose, goals, and a new, more authentic level of professionalism in collaboration with colleagues.</p> <ol style="list-style-type: none"> <li>1. Experience the healing power of relationships.</li> <li>2. Inspire and reconnect us with our purpose for being in health care.</li> <li>3. Discover the meaning and power of intentional caring in action.</li> </ol>
<b>Zumba Fitness</b>	Myrna Little, BSN, RN, Certified Zumba Instructor	<p>In this workshop, participants will learn the benefits of music and movement through Zumba, a Latin-inspired dance fitness class.</p> <ol style="list-style-type: none"> <li>1. Participants will have a basic understanding of Zumba</li> <li>2. Participants will learn basic Latin dance moves incorporated in a Zumba class</li> <li>3. Participants will have a fun workout inspired by Latin and world music.</li> </ol> <p>*Contact hours are not available for this session.</p>
<b>Creative Journaling for Resilience</b>	Natalie Lu, MSN, RN Children’s Minnesota	<p>In this workshop, participants will be guided through creative journaling exercises that will serve as a launching point for a writing habit. A creative journaling outlet can provide a new lens on our experiences in practice and refresh our view of the patients in our care. This interactive session will inspire a personal and professional angle on storytelling that is sure to set pens in motion. Participants need not have any level of writing experience. Come to this session with a desire to discover what your pen has to tell you about your story in practice!</p>

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		<ol style="list-style-type: none"> <li>1. Practice a reflective journaling technique to consider for daily practice.</li> <li>2. Describe the elements of challenges, choices, and outcomes in storytelling.</li> <li>3. Create a simple art-journaling masterpiece for your personal gallery of creative writing.</li> </ol>
<p><b>Recognizing and coping with secondary trauma through expressive therapy</b></p>	<p>Patricia Welch, MA, LMFT, ATR-BC           Invigorate Life Counseling and Adler Graduate School</p>	<p>This workshop is designed to identify signs of secondary trauma and provide healing and coping tools utilizing expressive and creative therapy techniques.</p> <ol style="list-style-type: none"> <li>1. Identify signs of secondary trauma.</li> <li>2. Learn and apply creative coping and grounding skills.</li> <li>3. Experience how different creative materials facilitate healing.</li> </ol>
<p><b>Making Stuff &amp; Finding Joy</b></p>	<p>Patty Mitchell, MFA, BFA           Passion Works Studio, Creative Abundance Consulting</p>	<p>It is OK to make stuff for the pure pleasure of it. What would happen if you followed your creative thread and kept doing things you love? - Bet you'd find calm, peace and delight. "Great, but I don't know what to do or how to start!" - No problem. This workshop will share stories of other people exploring materials and investigating at their own pace through their own interests. Witnessing their joy will encourage yours. You'll learn about Passion Works Studio - a collaborative space where people with and without developmental differences create together - making giant puppets to tiny paintings and much more. And YES! You'll get to explore materials and make something super fun. It may sound silly (and that's OK!) Together we will learn to twist, make a balloon hat and create fun!</p> <ol style="list-style-type: none"> <li>1. Encourage connection, purpose and belonging.</li> <li>2. Experience the benefits of creative exploration.</li> <li>3. Identify the benefits of 'making time' to create.</li> </ol>





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<p><b>Creating Calm in Today's Chaos</b></p>	<p>Paula Forte, Ph.D., RN, NBC-HWC</p> <p>Co-Create 4 Life, LLC</p>	<p>This session will discuss how calm is genuinely an "inside job" and will demonstrate several strategies for helping to calm one's own (and potentially others') nervous system even in the midst of a busy, chaotic workday. Using breathing techniques, grounding tools, guided meditation and essential oils, participants will leave with tools for creating their own sense of calm.</p> <ol style="list-style-type: none"> <li>1. Recognize how our nervous systems are built to respond to chaos.</li> <li>2. Quiet the body's physical response with physical tools to create calm.</li> <li>3. Address the emotional response with soothing language that invites relaxation.</li> </ol>
<p><b>Habits: Building the Good, Breaking the Bad</b></p>	<p>Russ Morfitt, PhD, Licensed Psychologist</p> <p>Learn to Live</p>	<p>When healthy new behaviors become habits, they no longer require moment-by-moment effort. Learn to Live delivers evidence-based behavioral health strategies using powerful habit formation principles to help it all become second nature for their members. In this session, you'll learn research-based habit-change strategies to help weave any new healthy behavior into the moment-by-moment fabric of daily life for you and those you work with.</p> <ol style="list-style-type: none"> <li>1. Understand rationale for building habits.</li> <li>2. Learn models for increasing healthy habits and decreasing problematic ones.</li> <li>3. Create your first plan for habit change.</li> </ol>
<p><b>POWER UP: Intro to Mental Fitness (to feel and do YOUR best!)</b></p>	<p>Scott Mikesh, BA, Brain Health Certification, Food/Nutrition/Health</p>	<p>Whether you're just getting started in your mental wellness or looking for a new approach after years of practice, this introductory training session provides a basic overview of the 4D</p>



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	<p>Certification, Healthful Environments Certification, Personal Training Certification, Diversity Leadership Training</p> <p>Founder of 4D Fit Mental Fitness</p>	<p>Fit Mental Fitness Model<sup>SM</sup> with science-based principles and practices you can use to support brain health, mental well-being, and achievement. Learn more at <a href="http://www.4dfit.net">www.4dfit.net</a></p> <ol style="list-style-type: none"><li>1. Understand what "fitness" really means (i.e., to thrive in one's environment, whatever their needs and abilities).</li><li>2. Deepen your understanding of mental health by focusing on brain health, mental function, and neurodiversity.</li><li>3. Understand what influences thoughts, feelings, and behaviors, and how to use mental fitness practices to feel and do YOUR best.</li></ol>
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