

## WELLNESS EXCHANGE – BOOST YOUR WELLBEING

### WHAT IS WELLNESS EXCHANGE?

The *Wellness Exchange* consists of five, free, weekly one-hour workshops designed to build skills in five different areas to help cope with stress and adversity, while promoting resilience and well-being.

Participants are given information and tools to increase coping, communication, and self-advocacy, creating healthier relationships and building resilience.

The Wellness Exchange is a facilitated educational workshop series offered in a virtual group format with a focus on self-reflection and opportunities for interaction. Participants can join as few or as many sessions as they want.



Register [here](#) or scan the QR code with your smart phone:

### SESSION TOPICS & SCHEDULE

**Week 1: Building Problem-Solving Skills** teaches people the tools to break problems down into more manageable chunks, identify a range of ways to respond, and create an action plan to move forward.

| Date & Time                                  | Zoom Details (click on the link)   |
|--|--|
| <b>Tuesday, April 2, 2024: 7-8pm (PST)</b>   | <a href="#">Zoom Link</a><br>Meeting ID: 689 2519 3416<br>Password: 950215 |
| <b>Thursday, April 4, 2024: 12-1pm (PST)</b> | <a href="#">Zoom Link</a><br>Meeting ID: 640 7039 8716<br>Password: 574535 |

**Week 2: Promoting Positive Activities** guides people to increase meaningful and positive activities in their schedule, with the goal of building resilience and bringing more fulfillment and enjoyment into their life.

| Date & Time                                   | Zoom Details (click on the link)   |
|---|--|
| <b>Tuesday, April 9, 2024: 7-8pm (PST)</b>    | <a href="#">Zoom Link</a><br>Meeting ID: 689 2519 3416<br>Password: 950215 |
| <b>Thursday, April 11, 2024: 12-1pm (PST)</b> | <a href="#">Zoom Link</a><br>Meeting ID: 640 7039 8716<br>Password: 574535 |

**Week 3: Managing Reactions** helps participants to better manage distressing physical and emotional reactions by using such tools as breathing retraining, writing exercises, and identifying and planning for triggers and reminders.

| Date & Time                                   | Zoom Details (click on the link)   |
|---|--|
| <b>Tuesday, April 16, 2024: 7-8pm (PST)</b>   | <a href="#">Zoom Link</a><br>Meeting ID: 689 2519 3416<br>Password: 950215 |
| <b>Thursday, April 18, 2024: 12-1pm (PST)</b> | <a href="#">Zoom Link</a><br>Meeting ID: 640 7039 8716<br>Password: 574535 |

**Week 4: Promoting Helpful Thinking** helps people to learn how their thoughts influence their emotions, become more aware of what they are saying to themselves, and replace unhelpful with more helpful thoughts.

| Date & Time                                   | Zoom Details (click on the link)   |
|---|--|
| <b>Tuesday, April 23, 2024: 7-8pm (PST)</b>   | <a href="#">Zoom Link</a><br>Meeting ID: 689 2519 3416<br>Password: 950215 |
| <b>Thursday, April 25, 2024: 12-1pm (PST)</b> | <a href="#">Zoom Link</a><br>Meeting ID: 640 7039 8716<br>Password: 574535 |

**Week 5: Rebuilding Healthy Connections** encourages people to access and enhance social, workplace, and community supports.

| Date & Time                                 | Zoom Details (click on the link)   |
|---|--|
| <b>Tuesday, April 30, 2024: 7-8pm (PST)</b> | <a href="#">Zoom Link</a><br>Meeting ID: 689 2519 3416<br>Password: 950215 |
| <b>Thursday, May 2, 2024: 12-1pm (PST)</b>  | <a href="#">Zoom Link</a><br>Meeting ID: 640 7039 8716<br>Password: 574535 |

Register at <https://bit.ly/3A2P63s>.

For more information, please visit [our website](#) or contact [Meg.Signorelli@phsa.ca](mailto:Meg.Signorelli@phsa.ca)