



Live healthy wellpower

 Stormont Vail Health

Skills for Recovery & Resilience Single-Day Course

Boosting Resilience in Difficult Times

A Better Way to Manage Stress and Burnout

Mental health is a growing issue in the workplace. Individuals are experiencing chronic and toxic stress due to:

- High levels of physical and emotional threat for an extended period of time
- Needs that exceed existing coping resources
- Exposure to trauma
- Isolation, loss & grief
- Burnout & moral injury
- Compassion fatigue
- Workforce shortage

Re-igniting the Spark

Our experts will teach the skills needed to help team members thrive. Through our program, you will grow in three skill-training areas:

- **Physical Regulation** - awareness of warning signs and development of skills that promote a sense of emotional safety
- **Emotional Regulation** - identification, healthy expression, and ownership of emotions
- **Cognitive Regulation** - healthy vs. unhealthy thinking, optimism, and psychological needs

RESULTS SHOW A 40% REDUCTION IN PERCEIVED STRESS FROM PARTICIPANTS WHO HAVE COMPLETED THE COURSE!

Ready to enroll? Contact wellpower@stormontvail.org