

# STAYING WELL IN STRESSFUL TIMES

WEBINAR SERIES

We are living in extraordinary, stressful times – our current COVID-19 experience, the Nova Scotia tragedy of April 18 and 19 and uncertainty regarding when and how pandemic restrictions will be lifted.

There are **healthy** and **adaptive** ways to **reduce stress, deal with emotions** and remain **connected** in our personal and work place relationships.



Dr. Jackie Kinley has offered her expertise and recorded three sessions for Nova Scotians.

These webinars are available for **everyone, free of charge**. Dr. Kinley is the Director of the Nova Scotia Health Mental Health Day Treatment Program (MHDTP), Associate Professor of Psychiatry at Dalhousie University and Author of *Mental Fitness: The Game Changer* & the key to psychological strength and resilience.

## Staying well through stressful times: Recognizing and managing stress

Explore what individuals are commonly experiencing as a result of the stress associated with COVID 19 and recent tragedies.

Recognizing and understanding our natural stress signals and reactions helps us to remain aware of our needs and when to prioritize self-care. We can't be there for the ones we love if we aren't able to be well ourselves! This session provides key insights and practical tips and strategies for staying well.



## Dealing with emotions through stressful times: Fear, anger and loss

Explore the range of emotions individuals experience in times of rapid change and loss. There is growing concern for our collective mental health and well-being. Knowing what is natural is comforting and reassuring. This session provides key insights and practical tips and strategies for staying well.

## Working together through stressful times: Staying connected in relationships

Explore some of the common patterns and behaviours that arise when relationships are under stress. Challenging times put strain on individuals' resources, physically and psychologically. Building our collective resilience is a concerted effort and requires shared understanding and commitment. This session highlights what the key ingredients of healthy relationships are and what is needed to stay healthy together.



Dr. Kinley and the team at the *Mental Health Day Treatment Program* work with patients to enhance skills and provide knowledge needed to build resilience (the ability to recover from difficult situations). This scientifically proven program is rooted in attachment theory, highlighting the paramount importance of relationships as the foundation of health and well-being. The approach helps construct new meaning from traumatic experiences to instill the confidence and hope needed to live a productive life.

Team members include: *Dr Jackie Kinley, Marie Kavanaugh MSW, Mary Clare Bauld MSW, Sandra Reyno PhD, Megan Horner MSW, Kim Morash RN, Andrew Welch OT and Kate Sampson RT.*

*Interested in learning more? Click on the session title you're interested to tune in.*

*These sessions are available on demand, at your convenience.*