

WELLNESS EXCHANGE – BACK TO BASICS

WHAT IS WELLNESS EXCHANGE?

Wellness Exchange provides people an opportunity to pause and reflect on what is most important for them to enhance their well-being, actively identify what they need, and consider strategies that the work for them.

SESSION TOPICS

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.

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.

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.

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.

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

SCHEDULE

Topic	Date & Time	Location
Building Problem-Solving Skills	Tuesday March 1, 2022: 11am-12pm	Zoom Meeting ID: 611 6150 7882 Password: 756235
	Wednesday March 2, 2022: 12pm-1pm	Zoom Meeting ID: 681 0794 8466 Password: 895375
	Tuesday March 8, 2022: 6pm-7pm	Zoom Meeting ID: 885 3205 6665 Passcode: 470464

Promoting Positive Activities	Tuesday March 8, 2022: 11am-12pm	Zoom Meeting ID: 611 6150 7882 Password: 756235
	Wednesday March 9, 2022: 12pm-1pm	Zoom Meeting ID: 681 0794 8466 Password: 895375
	Tuesday March 15, 2022: 6pm-7pm	Zoom Meeting ID: 885 3205 6665 Passcode: 470464
Managing Reactions	Tuesday March 15, 2022: 11am-12pm	Zoom Meeting ID: 611 6150 7882 Password: 756235
	Wednesday March 16, 2022: 12pm-1pm	Zoom Meeting ID: 681 0794 8466 Password: 895375
	Tuesday March 22, 2022: 6pm-7pm	Zoom Meeting ID: 885 3205 6665 Passcode: 470464
Promoting Helpful Thinking	Tuesday March 22, 2022: 11am-12pm	Zoom Meeting ID: 611 6150 7882 Password: 756235
	Wednesday March 23, 2022: 12pm-1pm	Zoom Meeting ID: 681 0794 8466 Password: 895375
	Tuesday March 29, 2022: 6pm-7pm	Zoom Meeting ID: 885 3205 6665 Passcode: 470464
Rebuilding Healthy Connections	Tuesday March 29, 2022: 11am-12pm	Zoom Meeting ID: 611 6150 7882 Password: 756235
	Wednesday March 30, 2022: 12pm-1pm	Zoom Meeting ID: 681 0794 8466 Password: 895375
	Tuesday April 5, 2022: 6pm-7pm	Zoom Meeting ID: 885 3205 6665 Passcode: 470464

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

The Wellness Exchange is available to anyone who is interested in building additional skills around resiliency and coping and it is free of charge. It is offered in a group format with opportunities for interaction, however, the content is focused on self-reflection and group participation is optional.

All participant materials can be found [here](#).

For questions, please contact Sara at sara.frankenberger@cw.bc.ca

