

Wellness Week

Monday, January 30 – Friday, February 3, 2023



“Self-care means, quite literally, caring for your whole self. It includes anything that we do to care for our physical, psychological, spiritual, and emotional health.”

[Importance of Self-Care - CMHA - Haliburton, Kawartha, Pine Ridge \(cmhahkpr.ca\)](https://cmhahkpr.ca/Importance-of-Self-Care-CMHA-Haliburton-Kawartha-Pine-Ridge)

Register once to have the opportunity to attend 4 different virtual sessions Monday to Thursday and receive resources that will be shared on Friday.

Monday, January 30 7-8 pm

Introduction to “Building Your Bounce” – Beckie Kellett

In this introduction evening to Devereux's "Building Your Bounce" program, Beckie will share information about this program, will provide a copy of the Devereux Adult Resilience Survey (DARS) and look at how completing this survey and look at how you can develop a personal action plan to support your resiliency.

Tuesday, January 31 7-8 pm

Art as Self Care – Cheri Patrick

Simple art activities can reduce your stress and anxiety, increase self-esteem, and connect you with others. These all benefit your physical and mental health! Together we will look at some of these benefits, how to start your own art practice at home, and then get creative in a relaxing session.

*Materials list- all optional, gather what you have handy, and work with what you have. The session will be pretty flexible. Paper, crayons, Sharpies, watercolours (children's pucks or palette are fine) or bottled tempera (watered down).

Wednesday, February 1, 7-8 pm

Wellness Community of Practice – Beckie Kellett

You are invited to join this community of practice to share ideas of what you do for self care, your favourite resources and what you are interested in learning about more. You will also have the opportunity to hear about some of the resources available in the library to support your wellness.

Thursday, February 2, 7-8 pm

Health and Wellness Through Reflection – Beckie Evans

In this session we will engage in a number of activities that encourage us to notice how we are feeling and where we are carrying our stress. We will communicate this stress and release through journaling, art, and meditation.

*Materials list: paper and pencils/markers, etc. and an openness to be in the moment.

Friday, February 3

Wellness Resources – Beckie Kellett

Beckie will share wellness resources with you to explore on your own time.

Register here: <https://www.eventbrite.ca/e/wellness-week-januaryfebruary-tickets-520059420727>

*Please note: 2 sessions do have a materials list for you to participate in the activities for the session; please do not stress over having specific items. You will be able to work with what you are able to gather.

This professional development opportunity is offered at no cost to educators and staff working within our local early learning and childcare community in the City of Kawartha Lakes and County of Haliburton.