

APRIL 27TH, 2020 10:00-11:00

KEEPING YOUR MENTAL GAME STRONG: MAINTAINING MENTAL HEALTH AND WELLNESS THROUGH THE COVID CRISIS

This presentation will review how the COVID 19 presents unique challenges to maintaining our good mental health, and how we can work to overcome these challenges through building and connecting with our resilience. Additionally, sources of community and public health information will be shared.

Learning Objectives:

- Be able to define exactly what mental health is
- Look at how the stress of COVID 19 presents challenges to maintaining our mental health
- Explore the concept of resiliency and how it helps us through difficult times
- Generate ideas about options for using self care and coping strategies to manage stress and build resiliency

Speaker:

Jenny Jones, Learning Services Coordinator with Canadian Mental Health Association



**Canadian Mental
Health Association**
Edmonton
Mental health for all

TARGET AUDIENCE
Health Centre Staff

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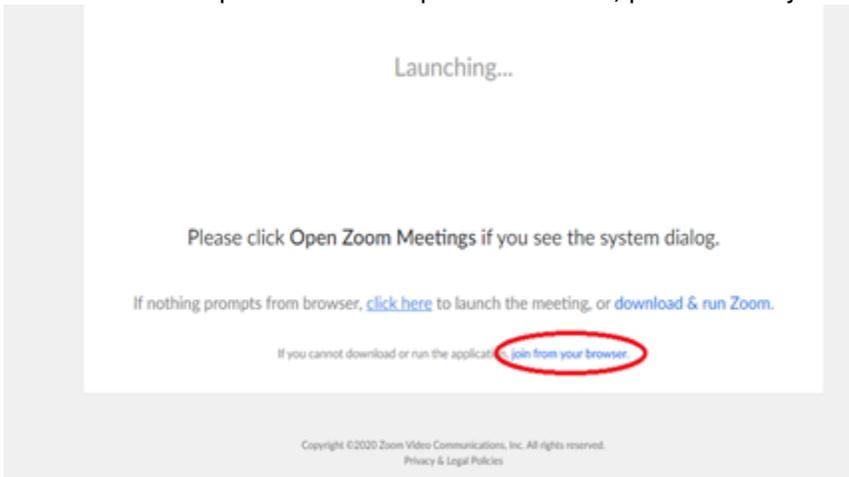
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