

WELLNESS EXCHANGE – BOOST YOUR WELLBEING

WHAT IS WELLNESS EXCHANGE?

The *Wellness Exchange* consists of five, free, weekly one-hour workshops designed to build skills in five different areas to help cope with stress and adversity, while promoting resilience and well-being.

Participants are given information and tools to increase coping, communication, and self-advocacy, create healthier relationships and build resilience.

The Wellness Exchange is a facilitated educational workshop series offered in a virtual group format with a focus on self-reflection and opportunities for interaction. Participants can join as few or as many sessions as they want.



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

SESSION TOPICS & SCHEDULE

Week 1: Building Problem-Solving Skills teaches participants 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.

| Date & Time | Zoom Details (click on the link) |
|---|--|
| Tuesday, January 14, 2025: 7-8pm (PST) | Zoom Link Meeting ID: 678 6472 7925 Password: 036922 |
| Thursday, January 16, 2025: 12-1pm (PST) | Zoom Link Meeting ID: 635 7762 1683 Password: 890703 |

Week 2: Promoting Positive Activities guides participants to increase meaningful and positive activities in their schedule, with the goal of building resilience and bringing more fulfillment and enjoyment into their life.

| Date & Time | Zoom Details (click on the link) |
|---|--|
| Tuesday, January 21, 2025: 7-8pm (PST) | Zoom Link Meeting ID: 678 6472 7925 Password: 036922 |
| Thursday, January 23, 2025: 12-1pm (PST) | Zoom Link Meeting ID: 635 7762 1683 Password: 890703 |

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.

| Date & Time | Zoom Details (click on the link) |
|---|--|
| Tuesday, January 28, 2025: 7-8pm (PST) | Zoom Link Meeting ID: 678 6472 7925 Password: 036922 |
| Thursday, January 30, 2025: 12-1pm (PST) | Zoom Link Meeting ID: 635 7762 1683 Password: 890703 |

Week 4: Promoting Helpful Thinking helps participants to learn how their thoughts influence their emotions, become more aware of what they are saying to themselves, and replace unhelpful thoughts with more helpful ones.

| Date & Time | Zoom Details (click on the link) |
|---|--|
| Tuesday, February 4, 2025: 7-8pm (PST) | Zoom Link Meeting ID: 678 6472 7925 Password: 036922 |
| Thursday, February 6, 2025: 12-1pm (PST) | Zoom Link Meeting ID: 635 7762 1683 Password: 890703 |

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

| Date & Time | Zoom Details (click on the link) |
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| Tuesday, February 11, 2025: 7-8pm (PST) | Zoom Link Meeting ID: 678 6472 7925 Password: 036922 |
| Thursday, February 13, 2025: 12-1pm (PST) | Zoom Link Meeting ID: 635 7762 1683 Password: 890703 |

Register at <https://bit.ly/3A2P63s>.

For more information, please visit our [website](#) or contact edu.pps@phsa.ca