



Canadian Mental
Health Association
Alberta
Mental health for all



Nourishing to Flourishing



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Welcome!

Tim Neubauer has worked on the CMHA Alberta Division's provincial training development in the area of workplace wellness. He has travelled across Alberta teaching about psychological safety and the promotion of mental health. Tim has spent over 28 years working in the social profit sector and has a background in community development and fostering resilient and more mentally healthy individuals, families and communities. He currently helps to coordinate the Rural Mental Health Network.





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Our Reality

For many people, the last several years have felt like one long bitter winter...





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Our Reality



- More than half of essential workers (54%) said they relied on a lot of unhealthy habits to get through the pandemic.
- Nearly 3 in 10 (29%) said their mental health has worsened.
- 3 in 4 essential workers (75%) said they could have used more emotional support than they received since the pandemic started.
- 80% of essential workers reported sleeping more or less than they wanted to
- 39% said they have been drinking more alcohol to cope with stress during the pandemic.

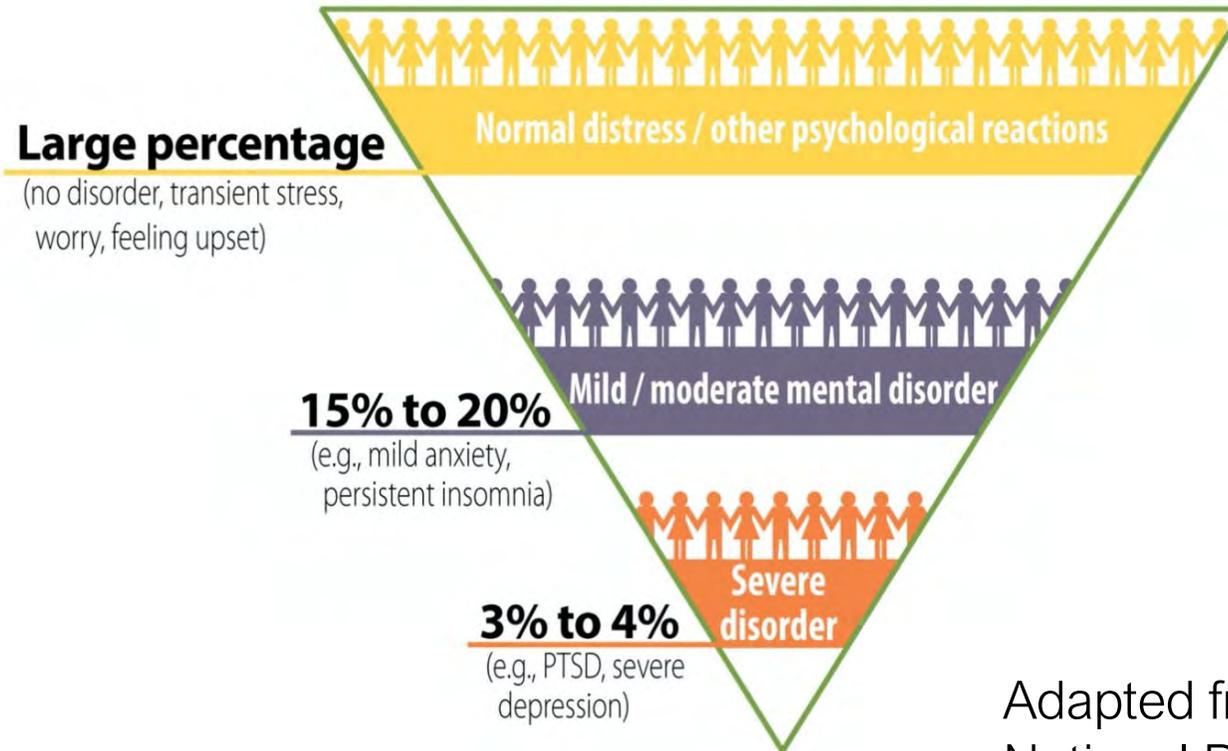
American Psychological
Association-2021





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The Good News



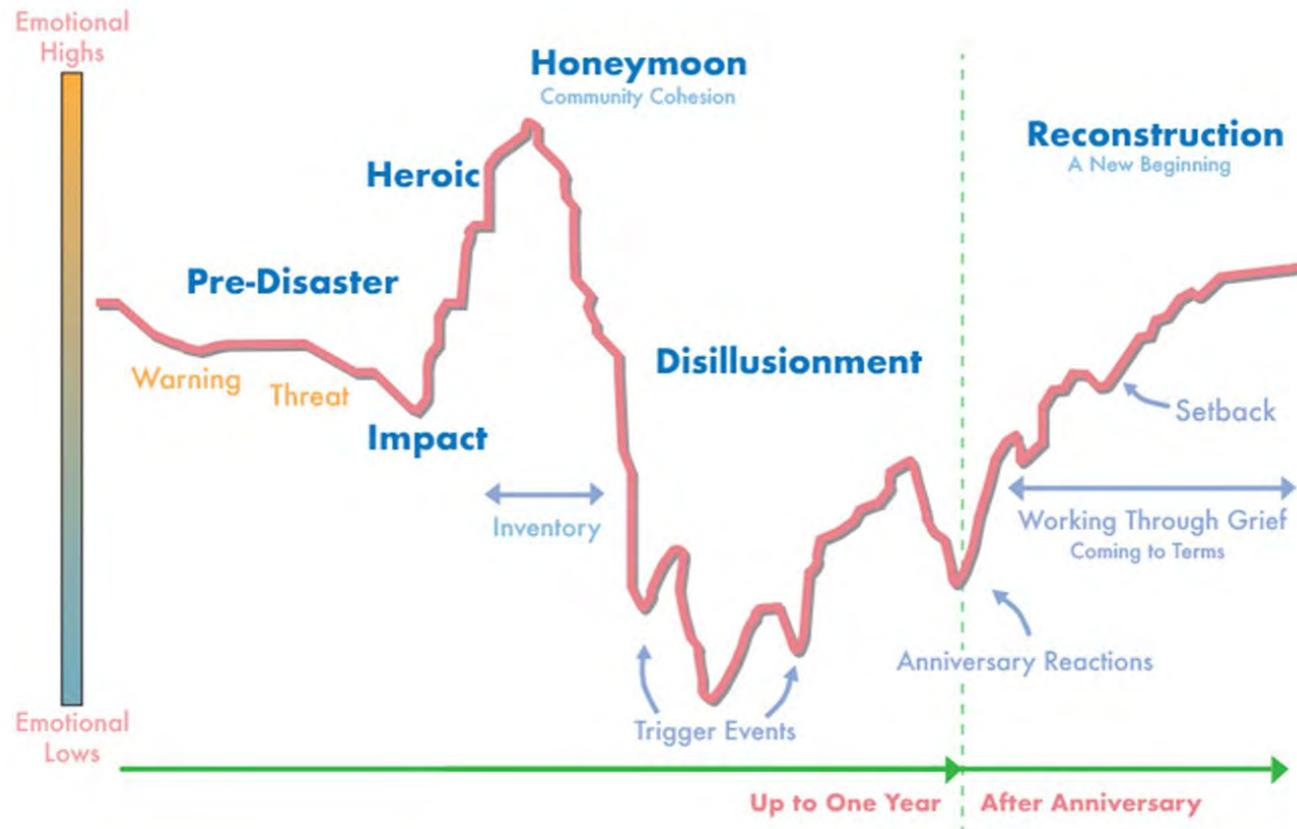
Adapted from: WHO (2012) &
National Research Council (2003)





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The Good News





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Resilience

Resilience is a dynamic process, as opposed to an individual state. In fact, even those individual characteristics that we commonly associate with resilience, whether at a biological or cognitive level, are mostly triggered by our environments. So, resilience means that your environment has to provide you with the resources you need in ways that are useful to you.

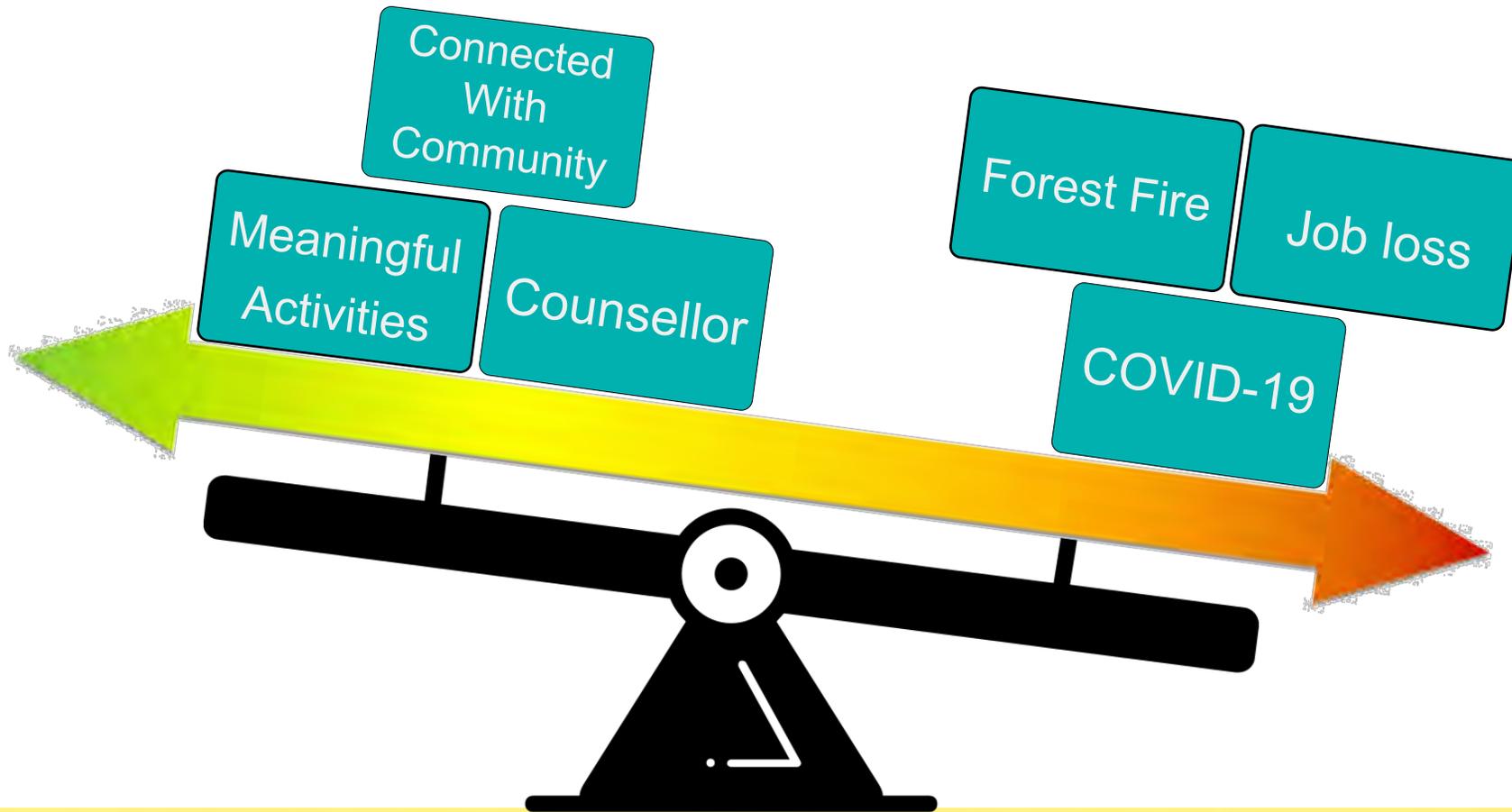
-Dr. Michael Ungar (Change Your World)





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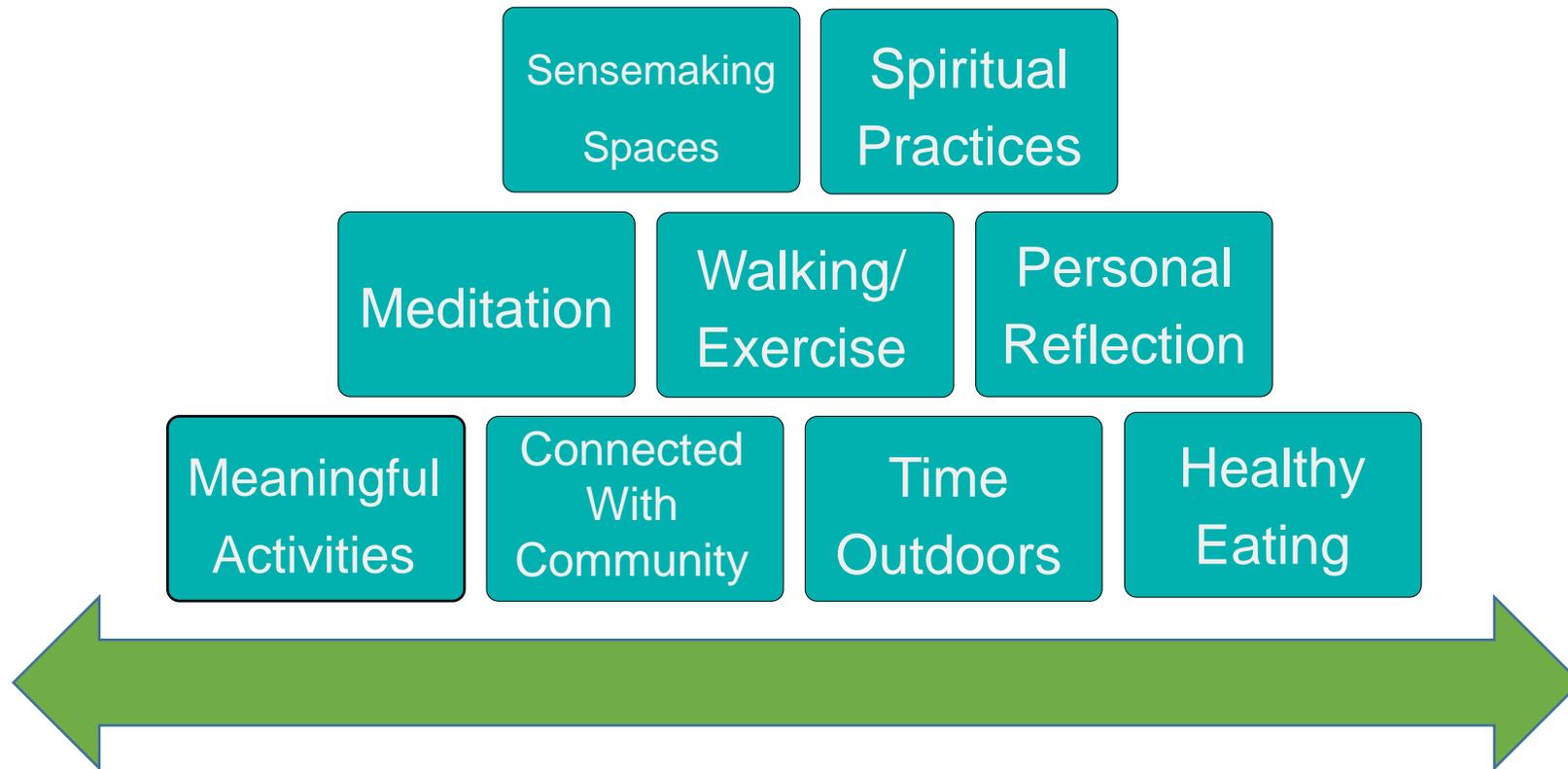
Strengthening Your Positive Supports





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Strengthening Your Positive Supports





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Self-Care

Self-care is never a selfish act- it
is simply good stewardship of the
only gift I have, the gift I was put
on earth to offer others.

Parker Palmer





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Key Factors in Recovery



Stevan Hobfoll et al. (2007)





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Restorative Practices



Going beyond the self care techniques that deal with stress in the moment. Building strategies into our lives that allow us to recharge our inner batter at a deeper level.





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Anchoring Rituals

Doing something mindfully to help feel connected and grounded is one way that we can help sustain ourselves through difficult transitions or transformations.





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Thank you!

Keep building a more mentally
healthy world!

