

IMPROVING YOUR MENTAL
HEALTH IN THIS PANDEMIC

BEHIND THE MASK



DO YOU FEEL....

- Isolated?
- Powerless?
- Disconnected to others?

ARE YOU STRUGGLING WITH....

- Your mental health?
- Fear?
- Burnout?
- Depression?
- Stress or Anxiety?
- Loss & Grief?

YOU WILL LEARN...

- Stress vs Burnout
- Nervous vs Anxiety
- Sadness vs Depression
- PTSD & Moral Injury
- Trauma-Informed Resilience Factors for Whole Health Wellness
- Skills based and adversity based resilience
- How to create a wellness plan for your areas of resilience
- Post-COVID Stress Disorder, Pandemic Trauma, and Stress Experience
- The abundant responses and psychological consequences of the COVID-19 pandemic.

OUR WORLD HAS CHANGED DRAMATICALLY....

The pandemic has brought unprecedented levels of chronic stress, grief, and fear to many individuals. No one is immune. We fear for our health, or economy, re-entry, and the future. Yet, adversity can create resilience. These challenges can strengthen our will, confidence, and our ability to conquer the new normal.

HERE ARE OPTIONS TO AID IN YOUR RECOVERY

3 Hour Workshop: Includes presentation and accompanying workbook with individual screening assessments and exercises.

6 Hour Workshop: Includes presentation and a group debriefing process. A group debriefing is a protocol based intervention to allow for sharing of experiences, emotions, learn of stress reactions and symptoms, and create an overall connection with other members/employees within your organization.

Joddie Walker, MSc, RP, CTTS, Certified Trauma Specialist

Joddie Walker holds a Masters of Science in Forensic Psychology and is a Registered Psychotherapist with the College of Registered Psychotherapists of Ontario, and a Certified Trauma Specialist from the National Institute of Trauma and Loss in Children. She holds Diplomate status with the American Academy of Traumatic Stress and is a National (USA) Credentialed Advanced Advocate. Joddie has over 30 years of experience that includes treatment of first responders, children/youth, and civilians who have a diagnosis of post-traumatic stress disorder, anxiety, depression, or other mental health issue. She also responded to the New York City terror attack, 9/11. In addition to Joddie's clinical practice, she has facilitated the development of programs and trainings throughout the USA and Canada on topics such as line of duty death, victimology issues, secondary traumatic stress and how to support the non-offending parent in child abuse investigations.



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DO YOU FEEL....

- Isolated?
- Powerless?
- Disconnected to others?
- Worried for your child's mental health?

ARE YOU STRUGGLING WITH....

- Balancing competing responsibilities with work and parenting?
- Concern for your child's current wellness and coping?
- Fear and concern for your child's future?
- Your own mental health?

YOU WILL LEARN...

- Stress vs Burnout
- Nervous vs Anxiety
- Sadness vs Depression
- Grief vs Mourning
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- Skills based and adversity based resilience
- How to create a wellness plan for you and your child

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