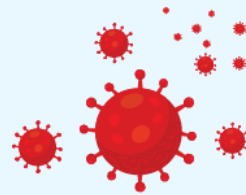


WELLNESS *for* COVID-19 & BEYOND



Bennett Innovation Group
Learn Innovate Transform

Cost of Caring: Understanding the Warning Signs for Burnout, Secondary Trauma, & Vicarious Trauma – June 24th 1:00 EST

Due to the high-stress nature of their work, nurses and other health care professionals are at a high risk of experiencing burnout and trauma. Research demonstrates the dangerous impact on physical and emotional health when exposure to trauma is combined with a stressful work environment. Knowledge is the best defense against burnout, vicarious trauma, and compassion fatigue. This webinar provides models to help professionals identify when they are at risk and what actions they can take to maintain wellness.

Learning Objectives

1. Apply the concept of the window of tolerance to stress management and self-care.
2. Learn the symptoms and warning signs of compassion fatigue, vicarious trauma, secondary trauma, and burnout.
3. Use the stage of helping fatigue to position proactive and reactive self-care strategies

Registration: https://zoom.us/meeting/register/tJYofu6tqD0jEtZ0VYfTS_mWxcZ6R1U191vI

Thrive in the Face of Burnout and Trauma – July 1st 1:00 EST

It is difficult to maintain psychological, social, and physical health with the stress of modern health care. Add a pandemic and a social justice struggle, and avoiding burnout becomes incredibly difficult for the most resilient nurse and health care professional. This webinar puts forth best practices in self-care and a new innovative approach to measuring overall health and wellness that will change how we view our wellness and self-care.

Learning Objectives

1. Learn best practices in self-care
2. Create a proactive and reactive self-care plan
3. Consider integrating heart rate variability to improve health and productivity

Registration: <https://zoom.us/meeting/register/tJ0kcu-ppz8qE9Bw8Nd6SHMfurGzIEkgCl1K>





Matt Bennett is a relentless advocate for trauma-informed care and other interventions that help people and communities heal. His passion manifests in his books *Connecting Paradigms*, *Talking about Trauma & Change*, and *Trauma-Sensitive Early Education* as well as his Trauma-Informed Lens Podcast and Matt' Mumblings Blog. Matt combines his masters' degrees in psychology and business administration with his practical experience as a therapist and leader to develop research-based solutions and trainings to improve the health of individuals, staff, organizations, and systems.

As soon as Matt learned about heart rate variability (HRV), he saw its life-changing potential. For him, HRV became the next logical step in his work with the trauma-informed care paradigm, self-care, and trauma-informed leadership. This vision led him to create Optimal HRV specifically for those trying to help others live their best life. Optimal HRV gives social service, mental health, and medical providers a way to quantitatively measure the impact of treatment and intervention for the population they are passionate about serving. It also provides a valid measure of organizational wellness and the health of staff. Connect with Matt at matt@BIGL3C.org or check us out at www.optimalhrv.com.

Join us for the training on July 1st to learn more about self-care and heart rate! Win one of five *free heart rate variability monitors and a free six-month subscription to Optimal HRV*.