

What to Do When Crisis Strikes Series

BECOMING THE BOSS OF YOUR MENTAL HEALTH: SELF-MANAGEMENT PRACTICES FOR ANXIETY IN THE WORKPLACE



WEDNESDAY, MARCH 25, 2020 | 11:30 AM–12:45 PM (EASTERN TIME)

REGISTRATION: <https://www.imakeanonlinedonation.org/ciaj-icaj/webhealth1en/>

PRICE: Free, but it is mandatory to fill the registration form

SPEAKER

MS. NADIA HAMMOUDA, ENGLISH COMMUNITY LEAD, [Revivre](#)

Moderator: Lynne Robichaud, Administration and Membership Manager, [CIAJ](#)

OVERVIEW

Anxiety, stress, pressure, depression. Each year, between 10 and 20% of workers will experience symptoms of a severity that will affect their presence or productivity at work, not to mention their level of commitment and well-being. Unprecedented events such as the COVID-19 health crisis can exacerbate mental health conditions. No one is immune, but everyone can play an active role in overcoming and preventing them. What actions can help you become or remain the boss of your mental health? What are the actions of your colleagues? Find out how to empower yourself, cultivate self-management and take care of your well-being... your way.

Agenda highlights

- Presentation of Revivre
- What is mental health self-management?
- Anxiety and depressive disorders and their impact at work
- Diagram of the stages of operation at work
- The importance of loved ones, at home and at work
- Some tools for dealing with anxiety

NOTE

A link to the webinar platform and a password will be sent by email 48 hours prior to the event. It is recommended to test the platform beforehand.

A French session conducted by Mme Danielle Germain, directrice clinique, Revivre, will take place at 1 p.m, which requires a separate registration, available here: <https://www.jedonneenligne.org/ciaj-icaj/webhealth2fr/>

BROADCAST TIME ACROSS CANADA:

PT	8:30–9:45 am	CT	10:30–11:45 am	AT	12:30–1:45 pm
MT	9:30–10:45 am	ET	11:30 am–12:45 pm	NT	1:00–2:15 pm