



Thank you for joining us for today's webinar

The program will begin at 12 p.m. ET.

This presentation is being recorded and the recording will be made available to you.

Catholic health care is on the front lines responding to the coronavirus outbreak in the United States. During this time, we pray for all those affected by the virus. CHA has created a webpage with information, prayers and resources from our members and other reliable sources related to COVID-19 available at:

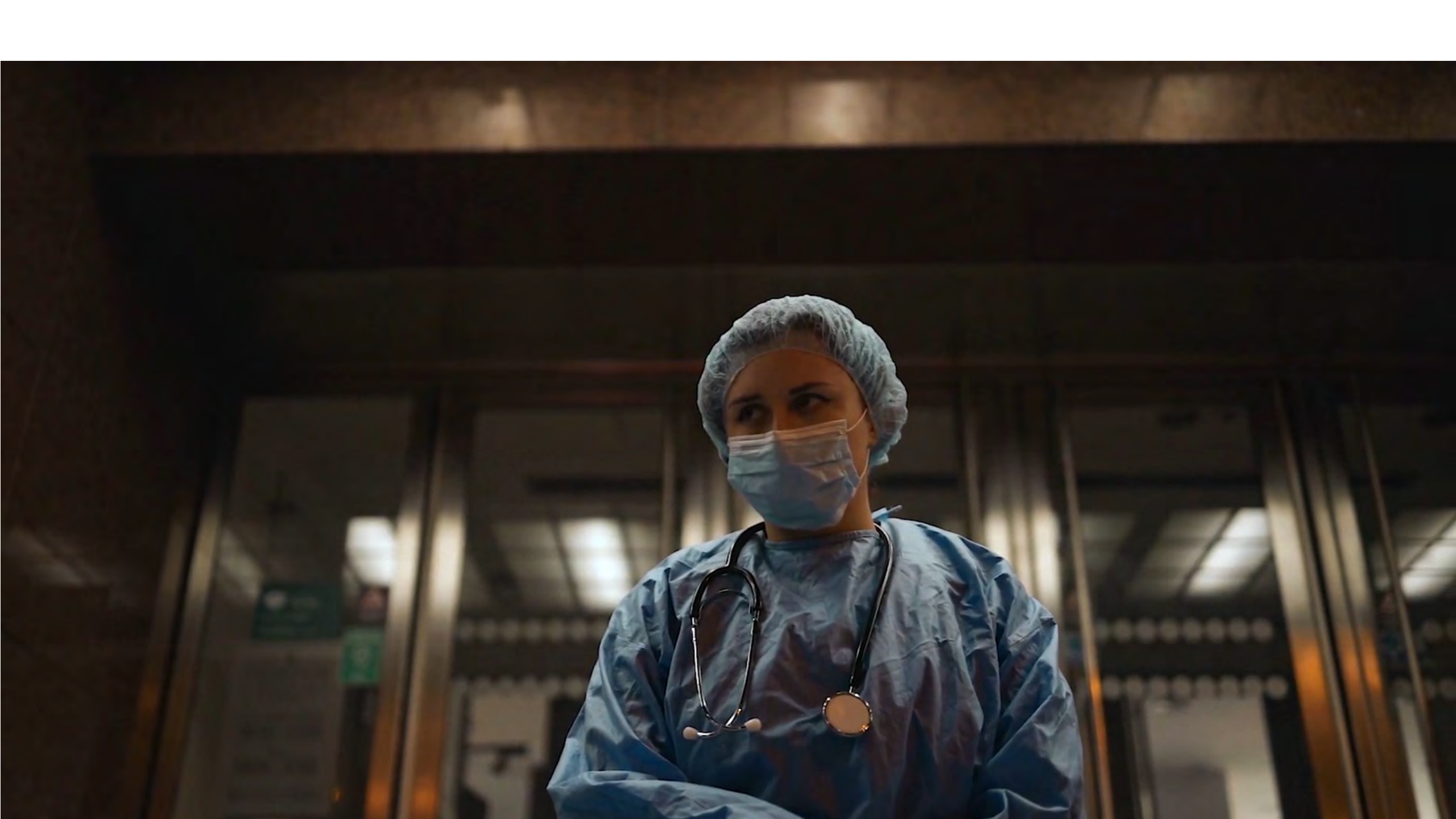
www.chausa.org/coronavirus

*Our Well-Being: Gaining a New Perspective on Life
and Faith through Post Traumatic Growth*

The Heart of Hope: Cultivating Post Traumatic Growth

Session One

September 8, 2021









Presenter

DR. ROBERT J. WICKS

Clinical psychologist, Writer

Professor Emeritus of Pastoral Counseling

Loyola University Maryland

Reflect

- What aspects of **your work and personal life** are most challenging and stressful?
- What habits and routines should you keep, and which need to be replaced given the changes you must deal with at work and at home?
- What **approaches** to dealing with increased pressures have you found **most helpful**?
- And finally, how can you improve the ways in which you approach your work and personal life so they both become more rewarding?

You will
flourish
because
you will:

- Know your limits and not be distressed by the reality of them.
- Become more aware of your strengths and talents.
- Develop more flexibility.
- Increase your emotional intelligence through healthy reflection.
- Develop a culture that appreciates we are all in this together to do our best in alleviating the suffering of our patients, colleagues, family ... and *ourselves*.
- And, finally, appreciate who you are and the wonderful mission you have at a deeper level.
How good is that?

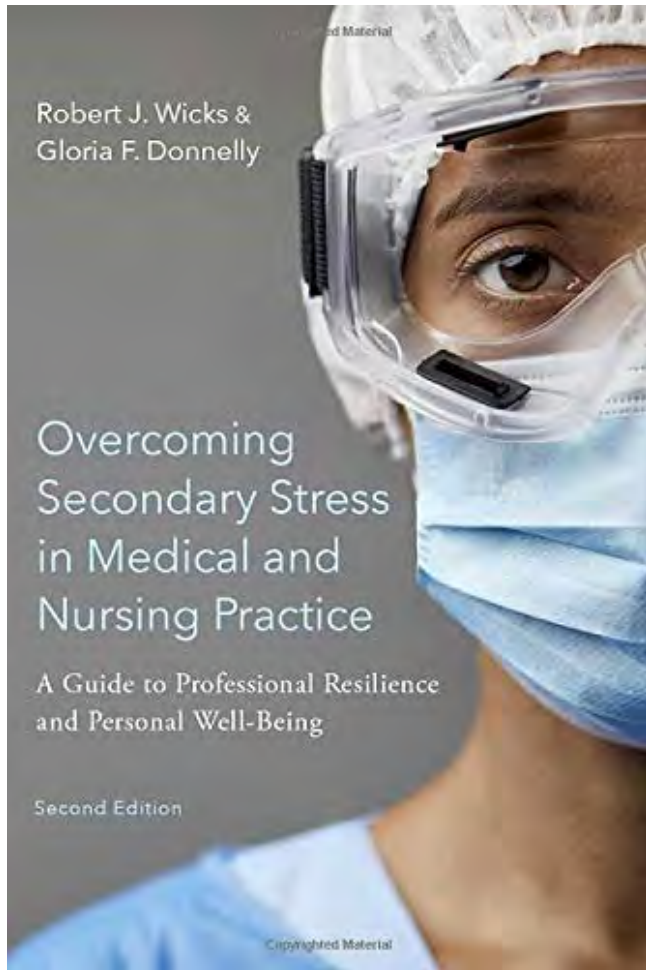
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Assess the challenges - including the troubling emotions you are feeling and dysfunctional thoughts you may be having.

Brainstorm possible solutions during your quiet time.

Label the pros and cons including determining what you can control and what you can't - the self is limited so don't waste energy you can't afford to lose.

Explore short term and long-term goals that inspire but not threaten you.




CONVERSATION GUIDE

Sustaining Connection for Well-Being

ABOUT THIS CONVERSATION GUIDE

Our sense of ourselves beyond their capacity to know the COVID-19 pandemic and its impact, we seek to be supportive and compassionate. We are also committed to building an ongoing connection for our colleagues well-being at this time is especially meaningful. The conversation guide seeks to community through connection.

This guide is intended to provide a starting point for the facilitators. As members of the Catholic Health Association (CHA) Well-Being Task Force, we hope to foster the conversation about well-being, including more research. In time, we hope to generate a richer and more in-depth understanding of well-being in connection with the mission and programs of Catholic health.

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Each of our authors represent their own perspective and shared their thoughts on the questions found in this guide.

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Session 2

Well-Being Summit: Sharing Best Practices

Wednesday, Oct. 6, 2021 | 12 to 1:30 p.m. EST



Thank you for attending

Please complete the evaluation (link in chat box).

Your feedback is important to us.

CHA Service Center is here for you

(800) 230-7823 | Mon – Fri | 8 a.m. to 5 p.m. (CT)

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