



SURVIVING AND THRIVING DURING PANDEMIC TIMES

A PROGRAM FOR HEALTH CARE PROFESSIONALS

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Program Developer

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with the support of CMHA Waterloo Wellington

The Program

This virtually delivered OHIP covered psychoeducational program was especially created for Health Care Professionals facing the COVID-19 pandemic in our community. The skills are transferable to any times of crisis or difficulty.

In this program you'll learn:

- *How to stay under control despite adversity.*
- *How to maintain mental clarity to minimize errors that can further expose us to contagion.*
- *How to maintain solid and effective leadership in times of chaos.*

In times of fast, unexpected change and uncertainty, the most natural reaction is fear. We find ourselves at a crossroads. That is the time to make a choice. We can both unconsciously and inadvertently activate the automatic pilot and go through the motions with our old habitual reactive ways to encounter difficulty, or we can bring to life focused attention, clarity and compassion to respond more skillfully. This way adversity becomes more manageable and pain does not last more than needed.

This 5-week program integrates neuroscience, western/eastern psychology and mindfulness practices to help us understand what determines our perception of reality, particularly in the context of the current pandemic, our response to it and what would lead us to **becoming balanced drivers in the middle of the storm**. (No previous mindfulness experience is required).

Program Start Date
Monday, May 4, 2020

6 pm - 7:30 pm
Program will run for 4 weeks

Location

Your home or office
Delivered virtually

If you think this course is for you, please visit
the **COVID-19 HERE4HEALTHCARE**
site at: <http://cmhaww.ca/here4healthcare/> and click on
"HERE4HEALTHCARE refer yourself".

Make sure to mention in the comments your interest in this program.