Cultivating Good Health Through Personal Vitality

*A 6-Part Series*

Session I: Relaxation Response: The Antidote to Anxiety and Stress  
*April 2, 2020*

Session II: Joy, Awe and Happiness  
*May 14, 2020*

Session III: Self-Compassion as Self-Care: Become Your Own Best Ally  
*June 23, 2020*

Session IV: Developing Resilience: An Approach for Personal and Professional Well-being  
*August 6, 2020*

Session V: Gratitude: The Path to Resilience, Well-being and Joy  
*September 17, 2020*

Session VI: How to Cope With Difficult Emotions  
*November 19, 2020*

All sessions are from 2:00 p.m. – 3:00 p.m. (CDT)

Register for the entire series and receive a discount on registration!

**Overview**

We are living in a time in which good health is defined as much by our resiliency and vitality as it is by physical measurements. Research shows that approaching life with energy and not doing things halfheartedly is highly correlated with happiness and well-being. This webinar focuses on living a vibrant life, even when dealing with anxiety, depression, pain or stress. We will explore ways of fostering vitality by caring for the body and mind – at home or work – through a variety of strategies and techniques, including expressive arts, journaling, meditation and self-compassion.

**Target Audience**

All Health Care Professionals

**Session Overviews**

**Session I: Relaxation Response: The Antidote to Anxiety and Stress (April 2, 2020)**

Health care professionals can be driven to distraction by technology, external demands and rumination, all of which contribute to stress and anxiety. During this webinar, attendees will learn how to focus their minds on one thing at a time to cultivate relaxation.

**Learning Objectives:**

- Apply relaxation techniques to everyday activities
- Define the relaxation response as it relates to the stress response
- Describe two steps required to elicit the relaxation response
- List the physical and mental health benefits of relaxation

**Faculty**

Heather Stang, MA, C-IAYT is founder of the Frederick Meditation Center and the Mindfulness & Grief Training Institute. She serves on the faculty of the Portland Institute for Loss & Transition and volunteers with Hospice of Washington County and Hospice of Frederick County in Maryland. She serves on the advisory board for the Military Family Survivor Organizations Tragedy Assistance Program for Survivors and has appeared on the award-winning television show *Open to Hope*. Heather has a master’s degree in thanatology and is a certified yoga therapist and meditation instructor.
Session II: Joy, Awe and Happiness (May 14, 2020)
What does awe, joy and happiness have to do with the health care workplace? The more employees experience these emotions and feelings, the more engaged they will be. This webinar will discuss how to create joy and happiness in the workplace.

Learning Objectives:
- Apply five ways to improve one’s work life
- Define the differences between joy, awe and happiness
- Discuss the ratio of awe and disgust in the health care professionals’ environment

Faculty
Richard Brynteson, PhD is a professor, executive coach and innovation consultant. He teaches in the master of business administration program at Concordia University, where he has been a professor for 26 years. He has published six books on subjects such as innovation and behavioral economics. Richard has worked with companies on innovation projects in Africa, Asia and the US.

Session III: Self-Compassion as Self-Care: Become Your Own Best Ally (June 23, 2020)
Health care professionals provide whole-hearted care to those who need compassion. Tending to their own suffering is often placed on hold, which can overwhelm stress response systems and lead to professional burnout. This webinar will explore how self-compassion can help manage difficult emotions, reduce suffering and exemplify self-care for patients and colleagues alike.

Learning Objectives:
- Apply two methods designed to cultivate self-compassion
- Define three core components of self-compassion
- Describe the impact of self-criticism on personal well-being and professional success
- Summarize research supporting self-compassion as an effective self-care intervention

Faculty
Heather Stang, MA, C-IAYT is founder of the Frederick Meditation Center and the Mindfulness & Grief Training Institute. She serves on the faculty of the Portland Institute for Loss & Transition and volunteers with Hospice of Washington County and Hospice of Frederick County in Maryland. She serves on the advisory board for the Military Family Survivor Organizations Tragedy Assistance Program for Survivors and has appeared on the award-winning television show Open to Hope. Heather has a master’s degree in thanatology and is a certified yoga therapist and meditation instructor.

Session IV: Developing Resilience: An Approach for Personal and Professional Well-being (August 6, 2020)
This webinar will discuss the fundamentals of resilience and long-term strategies for developing a resilient core. Attendees will understand the value in developing a flexible mindset and focusing on the positive when all around seems to be negative. The webinar will instruct attendees how to conduct a resilience assessment, personalize a model of developing resilience and create a support system when facing challenges.

Learning Objectives:
- Define resilience and interpret research on resilience
- Discuss benefits of humor when dealing with resilience
- Identify and personalize three sources of resilience
- Identify the connection between positive psychology, the power of purpose and resilience

Faculty
Steve Manderscheid, PhD is chair of the graduate human resource management program in the college of business and technology at Concordia University. He has 25 years of experience and background working with leadership development initiatives in large and small national and international organizations. Steve facilitates strategic planning and leadership development workshops across industries, including several nonprofit organizations. His research is focused on leadership development and strategic management. He is a 2019 Fulbright Scholar in innovation and “organization change.

Session V: Gratitude: The Path to Resilience, Well-being and Joy (September 17, 2020)
Gratitude isn’t just a practice that makes one feel good. It can boost resilience, improve sleep, be a buffer against anxiety and depression and reduce burnout in health care professionals. This webinar will explore meditation, journaling and expressive art practices designed to cultivate gratitude and boost resilience. Attendees also will learn how gratitude can enhance on-the-job effectiveness.
Learning Objectives:
- Contrast gratitude and entitlement and their impact on leadership effectiveness
- Discuss research supporting the impact of gratitude on health care professionals
- Identify a strategy to integrate daily gratitude practice into everyday life
- Summarize four gratitude practices designed to boost resilience and well-being

Faculty
Heather Stang, MA, C-IAYT is founder of the Frederick Meditation Center and the Mindfulness & Grief Training Institute. She serves on the faculty of the Portland Institute for Loss & Transition and volunteers with Hospice of Washington County and Hospice of Frederick County in Maryland. She serves on the advisory board for the Military Family Survivor Organizations Tragedy Assistance Program for Survivors and has appeared on the award-winning television show Open to Hope. Heather has a master’s degree in thanatology and is a certified yoga therapist and meditation instructor.

Session VI: How to Cope With Difficult Emotions (November 19, 2020)
Difficult emotions are inevitable, but ignoring them rarely makes them dissipate and rumination adds to suffering. This webinar will focus on a four-step meditation technique to reduce emotional suffering while creating space for inner wisdom and insight. This technique can be applied in workplace situations when needed.

Learning Objectives:
- Apply the four steps of the RAIN meditation practice
- Describe how difficult emotions can affect health and behavior
- Discuss the importance of trauma sensitivity when working with difficult emotions
- List three alternative practices for working with difficult emotions

Faculty
Heather Stang, MA, C-IAYT is founder of the Frederick Meditation Center and the Mindfulness & Grief Training Institute. She serves on the faculty of the Portland Institute for Loss & Transition and volunteers with Hospice of Washington County and Hospice of Frederick County in Maryland. She serves on the advisory board for the Military Family Survivor Organizations Tragedy Assistance Program for Survivors and has appeared on the award-winning television show Open to Hope. Heather has a master’s degree in thanatology and is a certified yoga therapist and meditation instructor.

Certificates of Attendance
Certificates of Attendance will be issued to all registrants. These certificates should be placed on file at your hospital as evidence of attendance. Certificates of Attendance will not be awarded for recorded sessions.

Registration
$175 per session for AHA Member Hospitals
$900 for all sessions for AHA Member Hospitals: a savings of $150
(You must register for all sessions at the same time to take advantage of savings)

Registration includes one internet connection and one telephone connection at one location, although there can be an unlimited number of participants from your organization in that one listening room.

Two days prior to the event, you will receive instructions and passwords for accessing the event, along with the slide presentation and other resource materials. It is the responsibility of the registrant to download and/or access presentation materials prior to the day of the event.

Participants should register at least five business days prior to the event to ensure optimal processing of conference materials. To register, please submit the attached registration form. If you have not received an e-mail with instructions (via the e-mail provided on the registration form) or if you are unable to download or open presentation materials, at least two business days prior to the event, please contact Anna Sroczynski at (501) 224-7878 or asroczynski@arkhospitals.org. Without payment (via check or credit card), your registration cannot be processed, and you will not receive connection instructions.

Cancellation Policy
Refunds, minus a $25 processing fee, will be granted if requests are received in writing by the AHA at least 5 business days prior to the program. No refunds will be issued after that date. Substitutions, however, are permitted. Fax cancellation/refund requests to the Education Department at (501) 224-0519.
REGISTRATION FORM
Cultivating Good Health Through Personal Vitality
A 6-Part Series

A $150 Savings!
☐ Complete Six-Part Series – One Connection

Individual Parts – Per Connection:
☐ Session I: Relaxation Response: The Antidote to Anxiety and Stress – April 2, 2020
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Registration fee covers one or multiple participants at one location (one connection per registration) and includes one set of instructional materials/handouts. Upon receipt, additional handouts can be copied.

Name and Title of Contact Person ________________________________________________________________

Organization ___________________________________________________________________________________

Mailing Address ________________________________________________________________________________

City, State, Zip _________________________________________________________________________________

Telephone _____________________ Fax ___________________ E-mail _________________________________

Method of Payment
Check in the amount of $_______ payable to the Arkansas Hospital Association is enclosed.

Credit Card # ________________________________ ☐ Visa ☐ MasterCard (AmEx and Discover Not Accepted)

Cardholder’s Billing Address (including zip code) ______________________________________________________

Expiration Date ________ CVV _________ Name on Card _____________________________________________

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