

## FREE WORKSHOPS

for frontline professionals working in

LONG TERM CARE



## Mental PPE:

Arming Yourself with Psychological Strategies During the COVID-19 Pandemic

## M O D U L E S

01

Mental Health in the Context of COVID-19

02

Addressing and Preventing Staff Burnout and Caregiver Stress 03

How Self-Compassion Can Help You Stay Well 04

Exercises and
Strategies
for Self-Care and
Self-Compassion

05

Staying on TracK

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