

Group support session topics

Topic Categories

Professional Burnout

Emotional

Psychological

Connecting over Burnout

Getting little sleep, feeling lots of pressure, and personal stress are the norm for a healthcare professional. Join this session to debrief, find support, and hopefully feel more equipped to deal with the everyday stresses of being a health care provider.

Deconstructing Stress

This session explores what participants understand about stress and will build upon our shared knowledge by exploring our stress "signals". Part educational and knowledge building, this session will deepen understanding of how stress shows up for us.

Emotions 101

Learning to make sense of your emotions will help you understand your feelings better. Understanding your feelings will help improve your personal sense of wellbeing. You will develop a greater understanding of your emotional language.

Healthy Confrontations

No one likes confrontations but this session will equip you with tools to help you decide when a confrontation will be helpful and tips and tricks to making it successful.

Overworked and Understaffed

Long hours add up, especially when you are feeling the stress of supporting a team that is understaffed. Join peers as we discuss and address the challenge of managing a clinical workload that can feel never-ending.

Healthy & Stressed

Being a healthcare professional has become more challenging than ever. Coping skills have been stretched beyond reason, – join peers in talking through how to stay inspired to manage stress in a healthy manner.

Emotionally Exhausted-Open Ear

This is a session designed for you to be heard and understood! Drop in as you would like, talk about whatever is on your mind, and be heard. This is a judgement free zone.

Belongingness at Work

Some healthcare professionals spend more time with their coworkers than their own family and friends. Join us to discuss the growing pains of work-families and how to increase belongingness on your team.

Getting Stuck in Emotions

Noticing what is happening with your emotions matters and is key to tolerating difficult emotions effectively. We will look at some unhelpful habits and routines that can show up when we get "stuck" and some tips to get out of it!

Self-Love & Self Care: Its Not About Ego

As health care professionals we are great at caring for others but do not prioritize self-care or self-love. We know we need it, but how do we learn to practice self-love and self-care? Join this session to explore how to develop it and the difference it makes in your life.

Creatively Coping with Loss

When we experience loss, using creativity might just be the best way to cope. Bring paper, crayons, or any other creative tools, as we integrate creativity and honor those we have lost.

The Power of Saying No

Do you find yourself saying YES but wishing you had the courage to say NO? You are not alone! Join your peers to learn some tips and tricks on how to say NO while minimizing negative outcomes.