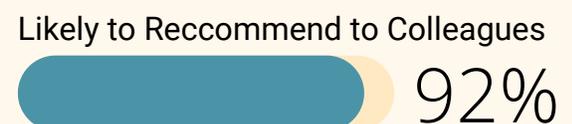
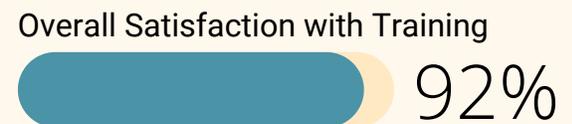


“The pandemic has created an unprecedented challenge for health care organizations and institutions in which more than 80% of healthcare providers and more than 70% of college level students experience anxiety, stress, and/or burnout.

(Amnesty International Organization, 2020; Hu et al., 2020; Son et al., 2020)

Positive Impact: MindWell for Healthcare Workers

Despite the added stress of COVID-19 in 2021 where the majority of healthcare workers reported declining mental health, participants who engaged in MindWell's training experienced significant *increases* in levels of mindfulness and resilience and significant *decreases* in PTSD, exhaustion, and anxiety in just four weeks.



I love the opportunity to share my experiences in a comfortable non-judgemental setting with other healthcare workers.



I have learned to take 5 in my vehicle before approaching a coroner scene. It calms me and makes me better able to focus on my investigation.



I'm discovering that there are many of us in the same boat, dealing with the same stressors and finding ways to enhance our lives.

MAXIMUM EFFECTS • MINIMUM TIME

Industry-Specific Content

for easy comprehension
& integration

Simple & Effective Tools

evidence-based tools that can
be used at anytime, anywhere

Accessibility On All Devices

so any moment can be a
learning moment

HOW IT WORKS

MindWell for Healthcare Workers is designed by healthcare workers for healthcare workers
The training includes:

- Bilingual **four-week self-paced online learning experience** accessible from any device, anytime, anywhere to fit the schedule of even the busiest healthcare workers.
- Just **10-15 minutes of learning content each week** to provide positive, lasting changes in mental health, resilience and overall well-being.
- **Live Labs** with a MindWell instructor provide an opportunity to go deeper into key content, build community, share learning and accelerate results.

There is a need for bold and strategic actions by all stakeholders and at every level to build and enhance resilience among health care systems, organizations/institutions, teams and individuals to prevent a parallel pandemic of burnout among healthcare providers.

InterprofessionalResearch.Global (IPR.Global) Report 2021

GET IN TOUCH

To learn more about how you can bring *MindWell for Healthcare Workers* to your organization, book a call with us today.

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