



March 2022

Wellness Exchange

Back to Basics

Where you are now

As we enter the recovery phase of the Covid-19 pandemic and recent extreme weather events, it is more important than ever before to support individuals by 'getting back to basics'.

What you need

Life does not come with a map, and everyone experiences twists and turns, from everyday challenges to traumatic events. Each change affects people differently, yet people generally adapt well over time to life-changing situations and stressful situations—in part thanks to their resources and overall health.

How to get there

Activities and content are helpful to accelerate recovery and increase self-efficacy, and is consistent with the evidence on risk and resilience following adversity.

What is Wellness Exchange?

Wellness Exchange provides people an opportunity to pause and reflect on what is most important for them to enhance their well-being, actively identify what they need, and consider strategies that the work for them.





The curriculum is an accessible, modular series that includes 5 group based wellness sessions that are 60 minutes in length.

You can join one or all sessions, although we recommend attending all sessions for maximum learning.

The goal of Wellness Exchange is to help increase effective coping, communication, self-advocacy, through an action-oriented approach. During sessions, participants will have an opportunity to reflect and engage in self-care and skill building for personal development and benefit.



The session topics at a glance:

Building Problem-Solving Skills teaches people the tools to break problems down into more manageable chunks, identify a range of ways to respond, and create an action plan to move forward.

Promoting Positive Activities guides people to increase meaningful and positive activities in their schedule, with the goal of building resilience and bringing more fulfillment and enjoyment into their life.

Managing Reactions helps participants to better manage distressing physical and emotional reactions by using such tools as breathing retraining, writing exercises, and identifying and planning for triggers and reminders.

Promoting Helpful Thinking helps people to learn how their thoughts influence their emotions, become more aware of what they are saying to themselves, and replace unhelpful with more helpful thoughts.

Rebuilding Healthy Connections encourages people to access and enhance social, workplace, and community supports.

