



# Implementing Wellness Strategies for Healthcare Staff

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MHEI

# Wellness Strategies

1. Creating a positive work environment
2. De-escalation and conflict resolution skills
3. Work-Life balance
4. Education and training
5. Access to wellness resources

# Creating a Positive Work Environment

- Foster a supportive and collaborative workplace culture
- Promote open communication
- Recognize and reward progress



# De-escalation & Conflict Resolution Skills

- Where's the line for what's not acceptable? Do your staff know where that line is and what to do if it's been crossed?
- Verbal de-escalation skills
- Courageous conversations



# Work - Life Balance

- Role model self-compassion
- Encourage staff to take time off
- Implement flexible schedules where possible



# Education and Training

- Resiliency and wellbeing
- Setting boundaries
- Time management and prioritization
- Critical thinking



# Access to Wellness Resources

- On-site programs
- Apps
- Incorporating strategies into daily practice
  - Positive emotions
  - Good things
  - Gratitude

# Positive Emotions

Pride

Joy

Awe

Love

Inspiration

Amusement

Hope

Serenity

Gratitude

Interest



# Three Good Things

1. Identify 3 good things
2. Write them down
3. Reflect on the why





# I AM GRATEFUL FOR

RELATIONS CONNECTIONS, HEA  
JOE, LOVE, PATIENCE  
ART MUSIC  
PASSION  
CREATIVITY  
MOTHER EARTH  
CLEAN AIR  
FAMILY, FRIENDS  
HEALTH, SUN  
KIRA, SISTERS  
AWESOME PARENTS  
WORK REST, PLAY  
FOOD MEDICINE  
CLEAN WATER  
TEACHERS  
SCHOOLS  
MEMORIE  
THIS WOMEN  
SUNRISE, SUNSET  
BUTTERFLIES, BIRDS  
HEALING  
HONEY HERBS  
BEES FLOWERS  
KINDRED SPIRITS  
MY SOUL  
COMMUNITY  
RELATIONS

TRAVEL, JOE  
CHILDHOOD, MY GREAT GRIT  
MY VOICE, MY DREAMS, MY SPIRIT  
MY MIND, MY BO  
TALENTS, ABILITIES, FOCUS, V  
MY VISION, COMMUNICATION, LANG  
WIND, RAIN, MEDITATION, YOGA  
HUGS, UNCONDITIONAL LOVE  
BICYCLES, WALKS, HIKING, SWIMMING  
A KISS OVER OUR HEAD, CUTTING, BED  
VALDES, MORN IS, ACCEPTANCE, LAUGH, SPORT  
THANK YOU, THANK, ISLAND, FUN, HA  
STEPS, HOURS, HEALTHY

KINDNESS, CHARITY, GENEROSITY  
THESE, MOOD, FIRE, MAGIC  
PLANTS, VEGETABLES, FRUIT  
FORESTS, FIELDS, STONES, DESERT  
RIVERS, MOUNTAINS, LAKES, OCEANS  
POSITIVE THINKING, LAUGH  
ANCESTORS, ELDER  
FILM, GARDENS, ANCIE

# THANK YOU!

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For sharing your time,  
your feedback,  
your ideas,  
your experience.



# Stay in Touch

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