



Implementing Wellness Strategies for Healthcare Staff

Katrina Coleman, BSN,MSN

Leadership and Engagement Strategist

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



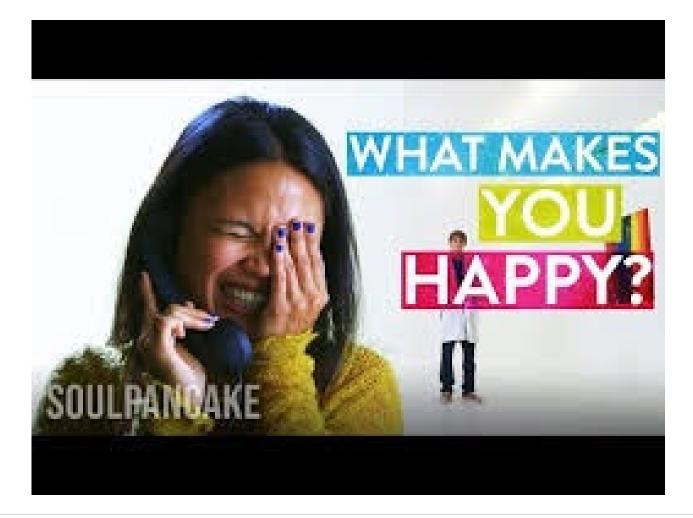


Three Good Things

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











THANK YOU!

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



Stay in Touch

Katrina Coleman, BSN, MSN

Leadership & Engagement Strategist <u>*k c o l e m a n @*</u> m h e i . o r g



Maryland Healthcare Education Institute



@MDHealthcareEd

