



Workshops for Teams and Small Groups – Active Rest

Share this intervention with your team or small group one of three ways:

- Level 1 – Facilitate a short / micro learning session for your team
 - (Max 10 minutes)
- Level 2 – Lead or participate in a workshop for your team
 - (Max 1 hour)
- Level 3 – Adapting, improving or creating a workshop specific for your team using the intervention
 - (Max 1 hour, with more prep time involved)

Guidance on how to offer the session and resources are provided below.

Disclosures for RenewU materials:

- This material is for informational purposes only. It does not replace the advice or counsel of a health care professional. You should consult with and rely on the advice of your physician or health care professional for the management of your health. Never disregard professional medical advice or delay in seeking it because of something you have learned in this course.
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Level 1- Facilitating a short / micro session for your team (team meetings, team lunch, etc.).

Estimated Time to Complete: 10-minute max.

Pre-requisites: Interest and skills to facilitate such discussion with provided evidence-based materials.

Instructions:

- Review the module (<https://rise.articulate.com/share/HzQ2B8bI57ALfz566Gbkh-NcT3bnIEn4>) and complete the activities to gain knowledge, experience and skill in Active Rest.
- Design a small group session appropriate for your audience, setting and timeframe, using the materials from the module.
 - o Audience (e.g. department, night shift team, etc.):
 - o Setting (e.g. meeting, lunchtime, etc.):
 - o Timeframe (e.g. 10 minutes, etc.):
- Present short / micro small group session.
- Present workshop.
- Share QR code for post-session feedback to participants.



Level 2 - Leading a workshop for your team (I.e. professional development session, lunch and learn, etc.).

Estimated Time to Complete: 1-hour max.

Pre-requisites: Interest and skills in Active Rest and leading a workshop on the topic with provided evidence-based materials.

Instructions for leading a workshop:

- Review the module (<https://rise.articulate.com/share/HzQ2B8bI57ALfz566Gbkh-NcT3bnIE4>) and complete the activities to gain knowledge, experience and skill in Active Rest.
- Review the evidence-based articles in the module references to familiarize yourself with the evidence.
 - o References Document
- Review workshop and print necessary materials.
- Present workshop.
- Share QR code for post-session feedback to participants.

Instructions for participating in a workshop:

- Participate in the workshop for your team on Active Rest.
- Complete participant feedback form.



Level 3 – Adapting, improving or creating a workshop on the intervention specific to your team.

Estimated Time to Complete: 1-hour max. (Not including prep time)

Pre-requisites: Education in Active Rest or participation in an Active Rest workshop.

Instructions:

- Using your expertise and the needs of your organization, develop a resource specific for your team on how to utilize the Active Rest for your team’s health promotion.
 - o **Session recommendations:** Lead and/or create your own Take10-4U sessions.
- Present workshop.
- Share QR code for post-session feedback to participants.

Workshop Outline – Renew Your Body: Active Rest

Session description:

- This workshop is meant to encourage the acquisition of knowledge and skills related to Active Rest as an intervention for health promotion, using evidence-based resources and an informed facilitator.

Participants:

- Any worker in a healthcare setting

Session materials:

Note - Facilitator will present on Active Rest using either the provided PPT presentation or using the slides as a source. Handouts can be presented as is to participants or adapted for the needs of the session.

Downloadable documents on Renew My Team:

- Renew Your Mind: Active Rest PPT, with presenter notes (Clinical)
- Renew Your Mind: Active Rest Participant Handout (Clinical)
- Renew Your Mind: Active Rest PPT, with presenter notes (Non-Clinical)
- Renew Your Mind: Active Rest Participant Handout (Non-Clinical)

Session outline

- 1. Introduction**
 - a. Present relevant content using full PPT presentation or a selection of slides
- 2. Small group activity**
 - a. Participants will complete a Take 10-4U session.

Presenter notes in notes section of provided PPT.



Prior to the Session:

1. Choose the Take 10-4U video you will have the attendees try out during the session
2. Schedule the session in a location or room that will allow the participants to safely participate without running into each other or into objects or furniture, etc.)
3. In the session announcement or invite, inform prospective attendees that they will be invited to participate in light to moderate physical activity and to dress accordingly, including wearing or bringing comfortable walking shoes.

During the session:

1. Have participants stand two arm lengths away from each other side to side and front to back.
2. Remind the participants that "the video demonstrates three different versions of the activity or exercise. Pick the version that you are most comfortable with. You don't have to continue that version the whole time. Feel free to switch to an easier or more difficult version of the activity or exercise based on your own comfort level. Just remember to keep moving so you get the most benefit.
3. Start the Take 10-4U video you selected for the session.

Take home

- b. Take a few minutes to debrief the active rest experience. Consider using the following prompts:
 - What was it like to participate in this Take 10-4U session? Was it easy, difficult?
 - Did you feel like you could complete the activities?
 - Did you find you could easily switch to easier or more difficult activities?
 - How are you feeling?
 - Was this fun?
 - Could you see this being a helpful thing to do regularly during your lunch or on a break?

Discussion and encourage participants to participate in other resilience sessions.

- c. Take-home points:

Just a reminder that the employee group that participated in the active rest program at least 2x a week increased the amount of time they spend in moderate to vigorous activity, reported having more vigor, had higher perceptions that their work was worthwhile, had higher ratings of work/life satisfaction, friendliness and felt more support from others both at work and at home. They reported less physical complaints, less fatigue, less stress and less impairment with functioning at work.

- d. Next Steps? Solicit participants interest in attending Take 10-4U sessions if they were regularly scheduled at work?

Explore best times, locations and other information that would inform future plans for implementing a Take 10-4U program for the team, unit, department.