



Workshops for Teams and Small Groups – CBT / Mindfulness for Health Promotion

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/f-QOJZVFeT8IhxjCLdhjtk03_R8-icsq) and complete the activities to gain knowledge, experience and skill in CBT / Mindfulness.
- 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.
- Share QR code for post-session feedback to participants.
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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 CBT / Mindfulness and leading a workshop on the topic with provided evidence-based materials.

Instructions:

- Review the module (https://rise.articulate.com/share/f-QOJZVFeT8lhjCLdhjtk03_R8-icsq) and complete the activities to gain knowledge, experience and skill in CBT / Mindfulness.
- Review the evidence-based articles in the module references to familiarize yourself with the evidence.
 - o Reference document
- Review workshop and print necessary materials/handouts.
- Facilitate workshop.
- Share QR code for post-session feedback to participants.

Instructions for participating in a workshop:

- Participate in the workshop for your team on CBT / Mindfulness.
- 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 CBT / Mindfulness or participation in an CBT / Mindfulness workshop

Instructions:

- Using your expertise and the needs of your organization, develop a resource specific for your team on how to utilize the CBT / Mindfulness for your team’s health promotion.
 - o **Suggested topic:** Other CBT / Mindfulness techniques listed in the supplemental document.
 - Supplemental CBT / Mindfulness
- Present workshop.
- Share QR code for post-session feedback to participants.

Level 3: Workshop Outline for Renew Your Mind: CBT / Mindfulness for Health Promotion

Session Description:

- This workshop is meant to encourage the acquisition of knowledge related to self-care interventions for the promotion of health using evidence-based resources and an informed facilitator.

Participants:

- Any healthcare worker

Session Materials:

Note - Facilitator will present on CBT / Mindfulness 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: CBT / Mindfulness PPT, with presenter notes (Clinical)
- Renew Your Mind: CBT / Mindfulness Participant Handout (Clinical)
- Renew Your Mind: CBT / Mindfulness PPT, with presenter notes (Non-Clinical)
- Renew Your Mind: CBT / Mindfulness Participant Handout (Non-Clinical)

Session Outline:

1. **Introduction**
 - a. Present relevant content using full PPT presentation or a selection of slides from either the Clinical or Non-Clinical PPT
2. **Learning activity in PPT**



- a. Participants will engage in a group mindfulness activity that includes deep breathing and guided visualization. The mindfulness activity will use the following script:
 - i. First, we will begin with breathing. Sit in a comfortable, relaxed position, and close your eyes if comfortable. Imagine a triangle, and inhale for one length of the triangle, hold your breath for the second length of the triangle, and exhale for the third length of the triangle. As a group, let's "triangle" breath for about one minute.
 - ii. Next, imagine you are walking down a beautiful nature path. Notice the sounds, sights, feelings, scents. Using all of your senses, transport yourself by imagining a beautiful nature scene.
 - iii. Lastly, imagine small petals blowing in the wind. This could be from a crepe myrtle tree or even smaller, such as the feather-like particles from a dandelion. As you notice these petals blowing in the wind, imagine your thoughts becoming petals. Notice the thought without judgment and watch it gently blow with the breeze. Do this with all thoughts that come to mind until your mind feels quiet.
3. **Large group debrief**
 - i. Share what the mindfulness experience was like for you.
 - ii. How might this be used in one's daily life?
 - iii. When might you practice CBT or Mindfulness in your daily routine?
4. **Take home**
 - a. Facilitator will conclude the session with a take home summary from the group discussion and encourage participants to participate in other resilience sessions.
 - b. Take-home points:
 - i. CBT techniques and Mindfulness can be successfully self-applied
 - ii. Try to gain awareness of your thought patterns, especially those that are automatic and irrational
 - iii. When you find yourself caught in a pattern of automatic thoughts, apply a CBT technique such as thought stopping, reframing, and refuting the irrational thought.
 - iv. Start a daily mindfulness practice, even if only for a few minutes a day, to learn how to acknowledge your thoughts without judgment and improve your wellness.
 - c. Share and summarize group findings.