

Kingston Health Sciences Centre- LifeSpeak Video Library

Mental Health

Addressing Anxiety Head-On

- What is anxiety and when does it become a disorder?
- What are the anxiety disorders?
- What is the treatment for anxiety?
- Addressing anxiety: the behavioral aspect of cognitive behavioral therapy
- Cognitive therapy for anxiety
- Addressing anxiety: frequently asked questions

Toward Thriving: Positive Psychology

- An introduction to positive psychology
- Positive psychology's impact on the brain
- Keys to success when practicing positive psychology
- Leveraging a celebration mindset to improve well-being
- How to set goals and priorities to get what you want
- Positive psychology: frequently asked questions

Addiction: Understanding, Myths, Intervention, and Beyond

- An overview of addiction and its impacts
- The three factors of addiction – biology, environment, experience
- Common myths about addiction debunked
- Recognizing signs of addiction issues in a co-worker
- Addiction: intervening when someone asks for help
- Dr. Adi Jaffe: FAQs about addiction

Coping with Post-Traumatic Stress Disorder (PTSD)

- Who is most at risk for post-traumatic stress disorder (PTSD)?
- What is post-traumatic stress disorder (PTSD)?
- How to manage your emotions after witnessing a traumatic event
- Treatment options for post-traumatic stress disorder (PTSD)
- How to support loved ones with post-traumatic stress
- What are vicarious and secondary traumatic stress?

Compassion Fatigue

- What is compassion fatigue?
- How to treat and manage compassion fatigue
- Compassion fatigue and frontline workers
- Compassion fatigue in the workplace
- Compassion fatigue vs. burnout
- Compassion fatigue and caregiving

The Science of Happiness

- What is happiness?
- Happiness and physical health
- The impact of happiness on mental health
- Can we change our happiness level?
- Strategies to increase your mental happiness
- Where we get it wrong in our search for happiness

Lifestyle Tweaks to Improve Health and Happiness

- Using lifestyle medicine to improve health and wellbeing
- Tools to promote mental calm and relaxation (with guided breathing exercise)
- Setting up for a G.R.E.A.T. night's sleep

Resetting your relationship with electronic devices and social media
The impact of physical movement on our well-being
Optimising personal health with intermittent fasting

A Practical Guide to Dealing with Stress at Work

Common causes of job stress
What does a healthy work environment look like?
Taking a risk assessment approach to managing stress at work
Using the IGLOO framework to tackle stress at work
Having a conversation with your supervisor about stress
Successfully returning to work after a mental health leave

Women's Mental Health

Anxiety in women
Mood disorders, depression, and anxiety: treatment options for women
Menstrual mood disorders and their effects on mental health
Women and the pressures of perfectionism
Navigating postpartum mood changes
The impact of guilt and shame on women's mental health

Alcohol Use and Harm Reduction Strategies

Differences between low-risk consumption, problem drinking, and alcohol use disorder
The relation of alcohol as a depressant and withdrawal
Mixing alcohol with other substances (energy drinks and other drugs)
Alcohol use and mental health
Supporting a friend or loved one with alcohol use issues
Harm reduction strategies for problem drinking and alcohol misuse

A Discussion: The Food-Mental Health Connection

Can food really help improve your mental health?
When can food habits develop into mental illness?
How can we overcome emotional eating or feelings of guilt towards food?
What's the importance of eating with friends and family and what if I live alone?
How can getting in the habit of cooking improve your mental health?
What is the impact of social media on our eating habits?

Digital Wellness in an Age of Constant Connectivity

How digital wellness can help you navigate a world of constant connectivity
The effects of constant connectivity on relationships and sleep
Boosting productivity by avoiding multitasking and digital distractions
Understanding and mitigating the addictive nature of technology
How mindfulness strategies can lead to more conscious tech consumption
Optimizing work-from-home performance in the digital era

Drug Use and Harm Reduction Strategies

Drugs: The difference between use, overuse, and a substance use disorder
Commonly used and misused drugs
Drug use and mental health
Am I addicted to drugs?
Harm reduction solutions and strategies for problem drug use
Supporting a friend or loved one with drug use issues

Recognizing and Addressing Mental Health Stigma

Ending mental health stigma, one word at a time
How to avoid stigmatizing mental health at work
Breaking the silence: Having a conversation about a mental health issue
Using empathy to support someone with a mental health issue

Understanding and addressing self-stigma about mental health

Taking care of your mental health, one day at a time

Indigenous Mental Health and Wellness

Using historical context to understand Indigenous mental health and wellness

Decolonizing our minds and practices to support Indigenous wellness

Creating cultural safety to support Indigenous mental health and wellness

The mental health benefits of reclaiming your Indigenous culture

Empowerment as part of an Indigenous healing journey

Allyship and Indigenous mental health

Resilience and Mindfulness

Building Resilience

What is resilience?

The 5 pathways to resilience

Resilience strategies: building an optimistic mindset

Resilience strategies: discover your resilience strengths

Resilience strategies: practicing self-compassion

Building resilience: frequently asked questions

A Practical Guide to Mindfulness

What is mindfulness?

How mindfulness creates space for helpful action

How do we start being more mindful in everyday life?

Using mindfulness to work with the three types of emotion

How mindfulness can help with relationships

Mindfulness: frequently asked questions

Working with Anger

What is anger and why do some people struggle with it?

How anger affects the mind

What keeps our anger going?

Practical tips for using mindfulness to control anger

Recognizing our anger triggers

Working with anger: frequently asked questions

Managing Stress in the Workplace Through Mindfulness & Resiliency

Modern life stress triggers and their impact on your work (with guided grounding exercise)

Overcoming the impact of stress on your nervous system

How mindfulness is a core resiliency skill (with guided breathing exercise)

The neuroscience of mindfulness for stress management (with guided breathing exercise)

Integrating mindful resiliency techniques into your workday (with guided breathing exercise)

Using mindfulness to navigate emotionally challenging situations at work

Mindfulness for Families

Using mindfulness to improve the family's mental health (with guided practice)

Introducing mindfulness to your family (with guided practice)

Mindfulness for parents (with guided self-compassion practice)

Sharing mindfulness practices with younger children (with guided examples)

Adapting mindfulness exercises for teens (with guided practice)

Simple ways to bring mindfulness into daily family life

Physical Health

Why Strength Matters for Your Health

Why strength train?

The how to's of strength training

- How to get started on a strength training program
- Why core strength matters
- The importance of stretching
- Strength training: frequently asked questions

The Complete Guide to Cannabis

- Cannabis and marijuana - an overview
- Cannabis use – intoxication and impairment
- Residual impairment and long term effects of cannabis
- Cannabis use: benefits and concerns
- An overview of medical cannabis
- Complete guide to cannabis: frequently asked questions

Gut Health

- What is a healthy gut and why should we care about it?
- Your gut, your brain, and mental health
- Gut and diseases later in life
- Gut and children's health
- Keeping a healthy gut
- Pre/pro/post-biotics and their effects on gut health

Stress and Sleep

- Breaking the stress-sleepless cycle
- Tackling unhelpful thoughts about sleep
- Ideas about the "perfect" bedtime routine
- Breathing exercises to help with sleep
- Relaxing before bed with progressive muscle relaxation
- Menopause, stress, and how they impact your sleep

Shiftwork and Sleep

- Night shift work: why is it so tough to sleep during the day?
- Scheduling ideas for better sleep when working night shifts
- Coping strategies for night shift workers' families
- Using white noise to achieve better sleep
- Protecting your health as a night shift worker
- Napping strategies for shift workers

Headaches, Migraines, and Brain Health

- What is the difference between a migraine and an ordinary headache?
- Lifestyle adaptations for headaches and migraine
- Managing migraine and headache triggers at home and at work
- Natural treatment options for headaches and migraine: Where to start before considering medication
- Migraine and headache medication options
- Myths and migraines: It's time to talk about truths!

Relationships

Overcoming Common Issues in Relationships

- Effective communication in relationships
- Keeping sex and passion alive in relationships
- Knowing when to call it quits in your relationship
- Recognizing toxic behavior in relationships
- Adapting to changing relationship dynamics through life stages
- Maintaining self-identity within your romantic relationship

Ending Relationships

- Ending relationships with family, friends, or romantic partners
- Dealing with feelings of hurt and betrayal when relationships end

Common emotions when one loses a relationship
Handling toxic relationships
Self-care after ending a relationship
Starting over after a break up with family, friends, or romantic partners

Parenting and Eldercare

Caregiving: Embracing Enough

How to be enough for yourself while caregiving
Caregiving: learning your boundaries and how to say no
Caregiving: asking for help and sharing the opportunity
Caregiving: embracing hard truths in order to be present
Forgiving others who aren't able to help caregive
Denise Brown: caregiving FAQs

Self-Esteem in Kids and Parents

What exactly is self-esteem?
Self-esteem: helping kids know themselves and feel a sense of belonging
Self-esteem: helping kids feel confident and secure
How our own self-esteem influences our children
Increasing self-esteem as a parent
How to help children improve their self-esteem and self-worth

Financial Health

Secrets to a Successful Retirement

Seven secrets for a successful retirement
To relocate or not to relocate in retirement
Body and mind fitness in retirement
What should I do with 168 hours per week?
Mind tricks to make your money last as long as you do
Successful retirement: frequently asked questions

Shifting Your Mindset to Wealth

Setting achievable financial goals
Understanding your relationship with money
How to start thinking wealthy
How to ask for more money from your job
Knowing your worth
Shifting your mindset to wealth: frequently asked questions

Personal and Professional Development

Workplace Incivility

What exactly is workplace incivility?
How workplace incivility affects real people in real life
Beyond individuals: the damaging effects of workplace incivility on teams and organizations
Tips for dealing with workplace incivility
The leader's perspective: preventing and curbing workplace incivility
Workplace incivility: frequently asked questions

Building Engagement and Motivation in Your Team

Creating meaning in work to motivate self and others
Setting motivational goals among your team in the workplace
How rapport contributes to engagement in your team
Engaging your team: personal responsibility and making things happen
Simple actions for creating engagement in your team
Engagement and motivation: frequently asked questions

Absence Management: Do's and Don'ts for Employers and Employees

Building employee resilience - role of the employer

Building employee resilience - role of the employee

Identifying an emerging health concern - role of the employer

Identifying an emerging health concern - role of the employee

Accommodation of employees' health needs

Absence management: frequently asked questions

Psychological Wellness in the Workplace

Why talk about a psychologically healthy workplace?

Workplace wellness alongside health and safety

Whose responsibility is a psychologically healthy workplace?

Creating a mentally healthy workplace

How do you know if your workplace is promoting well-being?

Psychological wellness in the workplace: frequently asked questions

Building Strong Social Connections in the Workplace

The science of social connection at work and at home

Why high quality connections at work matter

Psychological safety: the key ingredient to team success

The trust equation and its impact on organizational success

Strengthening your relationships at work using empathy and compassion (with guided visualisation exercise)

How to be a more mindful communicator in the workplace

Developing Your Emotional Intelligence

What is emotional intelligence?

The role of self-awareness in cultivating emotional intelligence

How emotional intelligence can boost your self-regulation skills (with guided breathing exercise)

Building motivation in order to improve emotional intelligence

The role of empathy in emotional intelligence

Emotional intelligence and social skills

The Neuroscience of Negotiation

Negotiation: the role of our brains, bodies, and our nervous systems

Understanding the physiology of conflict and compromise during a negotiation (with guided exercise)

Effective communication in negotiation: T.H.I.N.K. before you speak

How to be a better listener in a negotiation: W.A.I.T. before you speak

Using persuasion as a negotiation tool

Improving your public speaking skills (with guided practice)

Shifting Your Mindset to Reach Your Goals

The power of flexible thinking

Learning to think outside the box

Boosting your mental and physical energy

The hidden benefits of critical thinking

Intelligence: a state of mind?

Daily strategies to help you reach your goals