

Wellness Event, 18th August 2022

On 18th August we will come together to focus on our well-being. This event will uplift, inspire and provide a moment to reflect for members of the Nursing Now Challenge network.

SESSION 1

8:00 – 10:30am

Moderated by Joao Marcal Grillo, Founder & Director, Jaya Mental Health

- **8am - 9:30am**
The neurophysiology of stress & how to make yourself feel better with mindfulness
Dr Marti Balaam, Founder & Director, The Compassion Salon & Lecturer in Nursing, Edinburgh University &
Dr Kitty Wheeler, Mindfulness Chaplain, Edinburgh University

BREAK: 9:30 - 9:45am

- **9:45 - 10:30am**
Art therapy session
Lajja Dixit, Art Therapist, Jaya Mental Health

SESSION 2

12:00 – 2:30pm

Moderated by Harriet Nayiga, Founder & Director of MILCOT

- **12:00 – 1:00pm**
The mental health of early-career nurses
Nick Bradshaw, Director of Partnerships & Outreach, World Innovation Summit for Health
- **1:00 – 2:00pm**
Interactive Health Action Training session
Pat Deeny, Matt Jennings & Sue Foster, Health Action Training
- **2:00 – 2:30pm**
The self-care journal
Dr Rhoda Redulla, Director of Nursing Excellence/Magnet Recognition, NewYork-Presbyterian/ Weill Cornell Hospital

SESSION 3

4:00 – 6:15pm

Moderated by Amy Staley, Registered Nurse & Immunisation Advocacy Champion

- **4:00 – 5:00pm**
Well-being through connection to self, others and the natural environment
Zoe Fisher, SameYou
- **5:00 – 5:30pm**
Simple Ways Nurses Can Tap Into Nature for Restoration
Sue Dean, The Nature Nurse
- **5:30pm - 5:45pm**
Winnie Mele, Director, Perioperative Services, Northwell Nurse Choir
- Performance from the Northwell Nurse Choir

6:00 - 6:15pm

Concluding remarks

Professor Lisa Bayliss-Pratt, Programme Director, Nursing Now Challenge

