

Mental Fitness Lab Showcase: Arete Client Offerings

To access the Mental Fitness Lab Showcase, select three webinars from the list below that best suit your organization's needs and complete and submit the form. Webinars will be available through a secure Vimeo link for three months, or can be shared through your organization's own Learning Management System (LMS) for 12 months.

| Webinar Title | Description | Duration |
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| MENTAL FITNESS COACHING | | |
| Intro to Mental Fitness | This webinar provides a brief overview of the difference between mental illness and mental health and introduces the algorithm for mental fitness. | 15min |
| Anchoring your Why | This webinar introduces things to consider if you want to focus on mental fitness and build your own mental fitness plan. | 23min |
| Cognitive Schemas | This webinar introduces how negative thinking when not managed can influence how we interact with the world. | 10min |
| Compassion Fatigue | COVID-19 has resulted in more leaders and employees having to provide a level of care they have not been trained for. This webinar introduces the signs and symptoms of compassion fatigue, provides tips to avoid it, and outlines steps to take if you're concerned that you're experiencing it. | 11min |
| Coping with Grief and Loss | This webinar explores grief, loss, and regret, with things to consider when dealing with these issues personally or supporting another person. | 19min |
| Eco Anxiety | This webinar introduces eco anxiety with the goal of reducing stigma and providing options to reduce its impact. | 12min |
| Emotional Intelligence | This webinar provides an introduction on how to positively influence EQ. | 20min |
| Exploring When it is Time to Ask for Help in the Workplace | This webinar introduces some coaching on things to consider for how and when to ask for help. | 9min |
| Feeling Overwhelmed in our New Norm | COVID-19 has disrupted how we live and how work gets done. This webinar discusses how it is normal to feel overwhelmed and suggests things to consider on your way to a new normal. | 20min |
| Give Yourself a Break; We are not Perfect | This webinar introduces the benefit for self-forgiveness when to move past a mistake. | 10min |
| Grit | This webinar provides an introduction on the benefits of goal setting and how it can positively impact mental health. | 12min |

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| Halting Self-Doubt | This webinar introduces things to consider when curbing and halting self-doubt. | 19min |
| Happiness | This webinar provides a review on the concept of happiness and what we can to influence it from the inside. | 16min |
| How to Achieve Goals and Beat the Distraction Loop | This webinar introduces a benefit of preparation and focus to reduce distraction. | 7min |
| How do I Know My Mental Health is at Risk? | This webinar provides some insights into mental health, when it may be at risk, and what to do about it. | 31min |
| Insulating for Anxiety | Feeling anxious is a normal reaction to stress. This webinar introduces pre-clinical anxiety and what steps you can take to reduce its impact. | 20min |
| Insights on Burnout | This webinar examines the phases, signs, and symptoms of burnout and offers some suggestions for mitigating the risk of this condition. | 14min |
| Insulating for Irritability | It is not uncommon when a person feels stressed or overwhelmed to become irritable. This webinar introduces irritability, how to detect it in yourself, and things you can do to feel better. | 11min |
| Intro to Mind Tricks | This webinar introduces things to consider to curb at risk behaviours (things we do that we know that are not good for us long term, but we do for short term relief.) | 25min |
| Intro to Psychological Hardness | This webinar introduces the concept of psychological hardness and its link to promoting resiliency and positive mental health. | 10min |
| Locus of Control | This webinar introduces locus of control and why it is important for taking charge of life circumstances. | 11min |
| Moving Away from Loneliness Starts from Within | This webinar introduces the value of building a relationship developing a relationship from within to reduce our risk for experiencing loneliness. | 10min |
| Optimism | This webinar provides tips on how to influence optimism and its mental health benefits. | 14min |
| Purpose | This webinar provides an introduction on why purpose is important for our mental health and what we can do. | 11min |
| Relationship Survival Guide Tips | This webinar introduces tips from the Relationship Survival Guide that can be used to assist couples to get back on track. You can find this book under Mental Fitness e-books. | 17min |
| Resiliency Introduction | This webinar provides introduces tips for how to positively impact resiliency that can help prepare for unforeseen setbacks. | 12min |

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| Stress Inoculation | This webinar introduces a strategy for how to become more comfortable in stressful situations, so they are not as emotionally distracting. | 18min |
| Suicide Ideation | This webinar discusses suicide ideation, with suggestions on how to manage these kinds of thoughts. | 22min |
| Tips for Decision Making | This webinar provides an introduction on how to reduce the risk for making emotional decisions and the benefits for having a plan for how to make decisions. | 10min |
| Tips for Taming Negative Emotion | This webinar introduces a model for how to remove unwanted negative emotions. | 10min |
| Understanding Stress | This webinar provides an overview of good versus bad stress and how stress impacts the brain regarding thinking and feeling. Get a few tips on how to cope when experiencing unwanted, negative stress. | 23min |
| Worry Administration | This webinar discusses how worry can become a problem and provides some ideas to tame it. | 19min |
| PROSOCIAL MICRO-SKILLS | | |
| Quick Start to a Mental Fitness Plan | This webinar introduces the Big Six as things a person can do to actively promote their mental fitness. | 15min |
| Benefits of Monitoring Charge and Drains | This webinar introduces a daily practice for intentionally influencing daily mental charge. | 11min |
| Benefits of Regular Exercise | This webinar reminds the value and benefit of exercise to mental health. | 12min |
| Cognitive Hygiene | This webinar introduces a user-friendly way to clean out unwanted negative thoughts. | 9min |
| Coping with Isolation and Loneliness | COVID-19 has shone a light on how important social connections are for employees' mental health. This webinar explores how to reduce the risk of isolation and loneliness by providing context and insights. | 13min |
| Deep Breathing | This webinar introduces benefits for engaging in deep breathing exercises to curb anxiety and stress | 11min |
| Engaging in our Environment | This webinar explores why it is important to be aware of our environment as a pillar of good mental health and our role in influencing what we experience. | 11min |
| Fight Fair – Tips for Dealing with Co-worker Disagreements | This webinar introduces a few ideas on how to have constructive and safe disagreements in the workplace. | 11min |

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| Flipping the Switch | This webinar explores how to flip from being caught in emotion back to feeling more in control. | 16min |
| Fueling with Nutrition | This webinar reviews the importance of good nutrition and its link to physical and mental health. | 23min |
| Gratitude | This webinar introduces an evidence-based micro-skill for promoting mental health that can train the brain to recognize all the good things we have in life. | 12min |
| Help-Seeking | This webinar introduces the benefits for being proactive in dealing with stigma and preparing for how to get support in times of need. | 14min |
| Hitting the Reset Button | This webinar introduces a unique strategy for how to flip negative emotion into positive ones. | 13min |
| How to better Appreciate Your “Wow” Moments | This webinar introduces a how to leverage positive moments to support our mental health. | 8min |
| Insomnia | This webinar provides a cognitive behavioural approach to reduce one’s risk of insomnia. | 15min |
| Intro to Prosocial Behaviours | This webinar introduces the vast amount of healthy activities that when with intention can have a profound and positively impact mental health. | 8min |
| Journaling | This webinar introduces a proven micro-skill for gaining clarity and perspective by eliminating brain clutter, especially when powerful, negative emotions are present. | 17min |
| Mindful Hydration | This webinar introduces a unique approach for combining hydration and meditation to facilitate physical and mental health improvements. | 17min |
| Mindful Visualization | This webinar introduces how to use visualization to mentally prepare for how to overcome challenging moments. | 13min |
| Peace of Mind | This webinar introduces how to leverage mindful reflection to discover more mental calm. | 8min |
| Pet Talk | This webinar introduces a self-reflection model for problem solving by leveraging the unconditional support a pet provides. | 10min |
| Prioritizing Sleep | This webinar discusses making sleep a priority and introduces sleep hygiene strategies. | 19min |
| Progressive Relaxation | This webinar introduces a proven micro-skill to improve one’s quality of life by reducing body tension and training the body to relax. | 13min |
| Random Acts of Kindness | This webinar introduces the benefits for engaging in random acts of kindness to promote mental health. | 9min |

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| Social Connection | This webinar explains how social connections are good for mental health, with some ideas to facilitate them at home and work. | 20min |
| Social Contagion | This webinar explores why it is helpful to be mindful of the kinds of emotions we are spreading as well as to be aware of how emotions can impact our mental health when we are not paying attention. | 10min |
| Supporting Others | This webinar explores how supporting others' mental health can also be good for our own. | 16min |
| The Coping Crisis | This webinar introduces Dr. Bill Howatt's book The Coping Crisis. It can be downloaded in the mental fitness lab, under E-Books. | 27min |
| 3-Minute Meditation | This webinar introduces how easy it is and beneficial to add meditation to your daily routine. | 14min |
| LEADERSHIP MICRO-SKILLS | | |
| A Leader's Wake Matters | This webinar provides leaders with a frame of reference for how their behavior can impact the employee's experience. | 12min |
| Addiction Stigma: How Leaders can Help to Eliminate It | This webinar introduces leaders on what role they can play to help reduce stigma when it comes to addictive behaviors in the workplace. | 10min |
| Psychologically Safe Leader | This webinar outlines what it takes to be a psychologically safe leader to increase an organization's performance and results by focusing on psychosocial health and safety. | 12min |
| Supporting Employees at Risk of Mental Health Concerns in the Workplace | This webinar provides leaders with a safe and non-clinical framework to assist employees experiencing a mental illness. | 29min |
| Insulating Leaders for Crisis: Anger | This webinar discusses the stages of anger, the cycle of anger, as well as how a leader can manage an employee who is acting out. | 22min |
| Insulating Leaders for Crisis: Crisis Management | This webinar provides an introduces a six-step model for dealing with a crisis and tips for how a leader can deal with a crisis. | 16min |
| Insulating Leaders for Crisis: Grief and Loss | This webinar explores the stages of grief and how a leader can support an employee who is experiencing a loss. | 17min |
| Insulating Leaders for Crisis: Suicide | This webinar provides leaders with mental fitness coaching as to how a leader can support employees at risk for suicide. Click here for suicide prevention tool that Dr. Howatt contributed to with the MHCC. | 23min |