



# BRIEFS



Part of our mission to helping you be the healthiest you is to provide education and skill-building opportunities. We are happy to offer ½ hour to 3-hour briefs that are ideal for PD days or lunch-and-learn sessions. Check out the briefs we currently offer below.

## HEALTH PROMOTION GENERAL TOPICS

- Health Promotion 101

## INJURY PREVENTION & ACTIVE LIVING TOPICS

- Injury Reduction

## ADDICTIONS AWARENESS & PREVENTION TOPICS

- Alcohol Guidance
- Let's Talk About Substance Use
- Cannabis Awareness

## SOCIAL WELLNESS TOPICS

- Self-Care and Managing the Body's Stress Response
- Mental Fitness
- Stress Less and Cope Better
- Communication
- Sleep

## NUTRITIONAL WELLNESS TOPICS

- Nutrition Basics
- Top Tips to Save Money & Plan Meals
- Food, Mood, & Mindful Eating





# BRIEFS MENU



## GENERAL

### Health Promotion 101

Want to know a little more about Health Promotion? This brief is all about Health Promotion Services, what the team does, and what it can do for you or your unit.

## INJURY PREVENTION & ACTIVE LIVING

### Injury Reduction

Physical activity and fitness training are important activities in the CAF. This brief introduces injury prevention strategies that really work to reduce fitness and sport-related injury.

## ADDICTIONS AWARENESS & PREVENTION

### Alcohol Guidance

This brief highlights the findings of a recent report exploring impacts of alcohol on health. During this session you will learn about the risks of one of the most widely used drugs in the CAF. We will also discuss the role of alcohol in coping with situations of high stress, lower risk guidance, and healthy alternatives.

### Let's Talk About Substance Use

This brief introduces why people use substances, the prevalence of substance use, how to identify harmful substance use, and how the CAF is responding.

### Cannabis Awareness

This brief provides an introduction to cannabis, how the substance has changed, the health effects, and how to reduce your use.

## SOCIAL WELLNESS

### Self-Care and Managing the Body's Stress Response

Looking to learn strategies and techniques for managing stress through self-care? This brief takes a deep dive into the body's stress response, skills for identifying how you personally experience stress and how we can harness self-care as a critical management tool.

### Mental Fitness

Just like we exercise our bodies, we also need to exercise our minds. During this brief you will learn about the mental fitness exercises you can be doing to improve your resilience.



### **Stress Less and Cope Better**

Learn how to make stress your friend and how to build stress management skills into your lifestyle. In this brief discover how to develop a diverse toolbox of healthy coping strategies and how you can plan to effectively implement them.

### **Communication**

It can be hard to have difficult conversations. We are here to help with that! This brief is all about interpersonal skills for effective communication. During the session you will learn techniques that will help relationships both at work and at home.

### **Sleep**

Getting a good night's sleep can improve your mental and physical wellbeing. In this brief you'll learn why we sleep, the structure of sleep and our biological clocks, signs of lack of sleep, and how you can improve your sleep hygiene to get better Zzzs!

## **NUTRITIONAL WELLNESS**

### **Nutrition Basics**

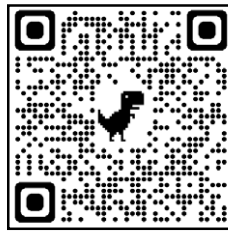
This brief focuses on introducing the basics for healthy eating practices. There is a lot of information out there about nutrition and it can get confusing. Choose this brief to learn what is friend and foe to your health when it comes to fad diets and common nutrition myths.

### **Top Tips to Save Money & Plan Meals**

Food costs are on the rise. With this brief, learn our top tips to help save you money and stretch your food dollar while maintaining a healthy plate and meal-planning for you and/or the family.

### **Food, Mood, & Mindful Eating**

This brief explores the relationship between food and mood. Over the session you will learn how food impacts our energy and build on techniques to incorporate mindful eating.



Request a briefing at  
[cfmws.ca/halifax/request-a-briefing](https://cfmws.ca/halifax/request-a-briefing)  
or email  
[hfxhealthpromotion@forces.gc.ca](mailto:hfxhealthpromotion@forces.gc.ca)

