



MedStar Health

Get trained in **Stress First Aid**



The MedStar Wellbeing Team is offering “Train the Trainer” sessions for Stress First Aid.

Stress First Aid is a flexible model of small, manageable steps for self-help and peer support for managing stress that affects us at work. This two-session training will cover the four zones of the Stress Continuum, the 7 C’s of Stress First Aid, and a toolkit of strategies and resources to help you be equipped to respond to your own and other people’s stress. And you will be ready to teach others to use these tools.

After the initial two training sessions, monthly modules and optional booster sessions will be offered to help you continue to build and practice your skills in applying and teaching Stress First Aid.

This training is for everyone, in both clinical and non-clinical roles. Nursing, physician, social work, and psychology continuing education credits will be available.

Oct 15 & Nov 12, 2021
8:30-10:00 AM
Virtual

Please plan to attend both sessions (Parts 1 and 2 are offered on two different days) for the full training. Recordings will be made available.

If you are interested in attending these training sessions, or for more information, please email: wellbeing@medstar.net

It’s how we treat people.