



health
promotion

BRIEFING OPTIONS 2021



Health Promotion Services offers the following professional development briefings for your Unit/Ship/Squadron. They are offered for 30-90 minutes and are ideal for PD days and lunch and learn sessions.

GENERAL:

- Introduction to Health Promotion Services

NUTRITIONAL WELLNESS:

- Canada's Food Guide (General Nutrition)
- Nutrition Myths
- Nutrition on the Go
- Nutrition & Oral Health
- Intuitive Eating / Mindful Eating

SOCIAL & MENTAL WELLBEING:

- Self-Care
- Mental Fitness
- Stress Less
- Sleep
- Overcoming Anger

ADDICTION FREE LIVING:

- Substance Use 101
- Alcohol: Staying within the guidelines
- Cannabis Awareness

INJURY REDUCTION:

- Sports Injury Prevention Strategies

FOR MORE INFORMATION OR TO BOOK A PRESENTATION, PLEASE CONTACT:

Health Promotion Services (PSP), Bldg: WP-106, Windsor Park | **Tel:** 722-4956 | **Email:** HFXHealthPromotion@forces.gc.ca



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GENERAL:

Introduction to Health Promotion Services:

A general overview of the programs and services offered by Health Promotion.

NUTRITIONAL WELLNESS:

Canada's Food Guide (General Nutrition):

A brief history of Canada's Food Guide and where we are today. Also includes introductory education on basic healthy eating practices, with a focus on macronutrients, micronutrients and balanced eating.

Nutrition Myths:

There are many fad diets and nutrition myths out there, it can get confusing. Learn more about common diets and myths, and discuss facts to clear up the confusion.

Nutrition on the Go:

Tips and tricks for nutrition on the go: whether a road trip, hike, picnic or in the office.

Food & Mood:

An overview of the ongoing research in nutrition and its relationship to mood.

Intuitive Eating / Mindful Eating:

Learn techniques to listen to your body and eat more intuitively.

SOCIAL & MENTAL WELLBEING:

Self-Care:

Learn strategies and techniques for self-care.

Mental Fitness:

Learn strategies to improve your mental fitness, defined as a state of wellbeing and having a positive sense of how we feel, think and act.

Stress Less:

Introduction to relaxation techniques and tools to reduce your stress.

Sleep:

Getting a good night's sleep can improve your mental well-being. The good news is that there are sleep hygiene techniques that you can practice to help improve your ZzZ's.

Effective Communication:

Adapted from Inter-Communication techniques, this brief provides strategies on effectively communicating with others.

ADDICTION FREE LIVING:

Substance Use 101:

Introduction to why people use substances, the prevalence of substance abuse, when it becomes a problem and how the CAF is responding.

Alcohol – Staying within the Guidelines:

Looks at the benefits and risks of one of the most widely used drugs in the CAF, alcohol. We will discuss the human capacity to bounce back from situations of uncertainty and high stress, low risk drinking guidelines, and healthy alternatives to using alcohol to manage life's challenges.

Cannabis Awareness:

The legalization of Cannabis in Canada represents a significant change in how we talk about, view, and use cannabis. This brief will provide an introduction to cannabis, the health effects and how to reduce your use.

Sports Injury Reduction Strategies:

Sports, physical activity and fitness training are important activities in the CAF. This brief will provide an introduction to injury prevention interventions.

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