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GreenShield<sup>™</sup>  
Health

## Self-Care Strategies for Better Mood, Sleep and Nutrition

Explore how a strategic focus on self-care can improve mood, sleep and nutrition. In this expert-led discussion, participants will learn about the various factors impairing sleep quality, including medications, lifestyle choices, and medical conditions and how sleep hygiene, dietary choices, and physical activity can positively influence our mood and health. Our expert will provide practical strategies to improve overall health while focusing on self-compassion, meditation and movement benefits.

### Gabriela Dagenais - Registered Nurse, Certified Wellness Coach

Gabriela is a francophone Registered Nurse with extensive experience in frontline



nursing. Her passion for supporting clients with health teaching led her to certification as a health coach and educator. Throughout the pandemic she supported hundreds of clients providing health teaching on how to protect themselves and their families. Now, she helps individuals make informed decisions, adopt healthy habits, and navigate the challenges of maintaining wellness during these changing times. Gabriela is a sought after public speaker who delivers strategies with insight and empathy.