

A photograph of a person with long, curly hair sitting on the grass under a large, leafy tree in a park. The person is wearing a dark jacket and is seen from behind. The background shows a green lawn and more trees. A purple banner is overlaid on the right side of the image, containing the text 'WELLNESS AND WELLBEING WORKSHOP' in white, bold, serif font.

# WELLNESS AND WELLBEING WORKSHOP

## LAND ACKNOWLEDGEMENT



We/I acknowledge that Western University is located on the traditional lands of the Anishinaabek (Ah-nish-in-a-bek), Haudenosaunee (Ho-den-no-show-nee), Lenapeewak (Len-ahpay-wuk) and Attawandaron (Add-a-won-da-run) peoples, on lands connected with the London Township and Sombra Treaties of 1796 and the Dish with One Spoon Covenant Wampum. This land continues to be home to diverse Indigenous peoples (e.g. First Nations, Métis and Inuit) whom we recognize as contemporary stewards of the land and vital contributors of our society.

# AGENDA

Objectives

Common Mental Health  
Issues that Students Face

Signs

Strategies for Support

Resources

Tips for Wellness

Questions

## WORKSHOP OBJECTIVES



Upon completion of this workshop, you will:

Better understand common mental health struggles

Be able to examine, distinguish, and identify risk factors and symptoms

Recognize strategies for support

Understand resources available



The background of the image is a photograph of a modern architectural interior. The ceiling is a prominent feature, composed of a series of curved, ribbed panels that create a sense of depth and movement. The lighting is soft and even. Overlaid on this background are several horizontal bars of various colors, including purple, blue, green, yellow, and pink, which are positioned at different heights and lengths, creating a layered, abstract effect. The text 'MENTAL HEALTH' is centered in a white, bold, sans-serif font within a dark purple rectangular box that spans across the upper portion of the image.

# MENTAL HEALTH

# MENTAL HEALTH DEFINED

“A state of well-



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# STUDENT MENTAL HEALTH CONCERNS

# COMMON CONCERNS



Struggles commonly experienced by post-secondary students:

- feeling overwhelmed, helpless, or hopeless;
- lacking motivation to engage in their studies;
- struggling to fit-in socially;
- feeling isolated and homesick;
- experiencing intense pressure to succeed;
- facing financial stressors;
- experiencing racism, gender inequity, harassment, LGBTTIQQ2SA+ issues, and sexual violence.



## COMMON ISSUES



Western University students report the following factors affect their academic performance:

	<b>Western University</b>	<b>Canada</b>
<b>Stress</b>	33.3%	38.6%
<b>Anxiety</b>	27.4%	28.4%
<b>Sleep Difficulties</b>	24.2%	27.1%
<b>Cold/Flu/Sore Throat</b>	19.9%	21.6%
<b>Depression</b>	17.8%	17.3%

The background of the slide is a photograph of a modern architectural interior. The ceiling is a prominent feature, composed of a series of curved, ribbed panels that create a dynamic, flowing pattern. Several horizontal light strips in various colors (pink, blue, green, purple) are integrated into the ceiling structure, casting a soft, ambient glow. The overall aesthetic is clean, minimalist, and futuristic.

# SIGNS AND SYMPTOMS



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# STRATEGIES & SUPPORTS

## SELF-CARE STRATEGIES



The Fort Garry Women’s Resource Centre (2016) describes self-care as “care provided ‘for you, by you’”. These are a few self-care strategies:

Spend time with people whose company you enjoy

Stay in touch with people important to you

Recite positive affirmations, give yourself praise, and celebrate achievements

Allow yourself to feel mad, sad, frustrated, happy, excited, etc. and connect with people who support and validate these feelings

Practice reflective and relaxing activities; write in a journal, meditate, read, workout, take a bath – anything that gives you space to feel a sense of peace

Prioritize sleep, nutrition, social connections, exercise, and mindfulness

Be kind to yourself; notice limiting beliefs and judgements

Ask for help when you need it

**Reflection:** What things, experiences, places or people make you feel good and positively contribute to your mental health?



# STRATEGIES TO SUPPORT OTHERS

We all play a role in promoting mental wellness, here are some tips for supporting others:

Reach out and talk to your friend. Start the conversation with some of these opening lines:

“I’ve noticed you’ve been down lately. What’s going on?”

“Hey, we haven’t talked in a while. How are you?”

“Are you OK? You don’t seem like yourself lately.”

# WESTERN MENTAL HEALTH SUPPORTS

Last year 20,000



# HEALTH & WELLNESS



# STUDENT SUPPORT & CASE MANAGEMENT

Assists students by facilitating a coordinated response for students experiencing distress, disruptive behaviours, and other challenges at the individual and community level.

Student Support Case Managers

Conduct Case Manager

Gender-

## WELLNESS & EQUITY EDUCATION

Provides students with educational opportunities that leads to a supportive, inclusive, and thriving campus. This includes information, resources, and training in the following areas:

- Gender-Based Violence Prevention
- Gender and Sexual Diversity
- Equity and Inclusion
- Spiritual Well-being

Visit the Wellness and Equity Education webpage for more details: <https://www.uwo.ca/se/digital/types/equity/index.html>



## COMMUNITY RESOURCES

Good 2 Talk - Phone 1-866-925-5454 or Text  
"GOOD2TALKON" to 686868

CMHA Reach Out Line - Phone or Text 519-433-2023

Inuit and First Nation Hope for Wellness Line - Phone  
1-855-242-3310

LGBT Youth Line - Phone 1-800-268-9688

The Canada Suicide Prevention Service - Phone  
1-833-456-4566