



Health & Wellness at Western

...meeting our community's needs

Our Goal is to be...

- Welcoming
- Caring
- Respectful
- Safe





spirit

Mind

Intentional Mental Wellness Strategy

- ▶ Student needs:
 - ▶ Educational Guidance/Planning: *current & future*
 - ▶ Emotional Support
 - ▶ General Well - being:
 - ▶ Stress/anxiety management
 - ▶ Mindfulness
 - ▶ Nutrition
 - ▶ Physical fitness
 - ▶ Self-image
 - ▶ Belonging
 - ▶ Interpersonal relationships

Extracurricular...

- ▶ Clubs/groups
- ▶ Sports teams
- ▶ Intramurals
- ▶ Fitness Centre
- ▶ School spirit days/events, rallies
- ▶ Community support events:
 - ▶ e.g., Terry Fox Run, The Giving Tree, Can-struction (Food Bank)

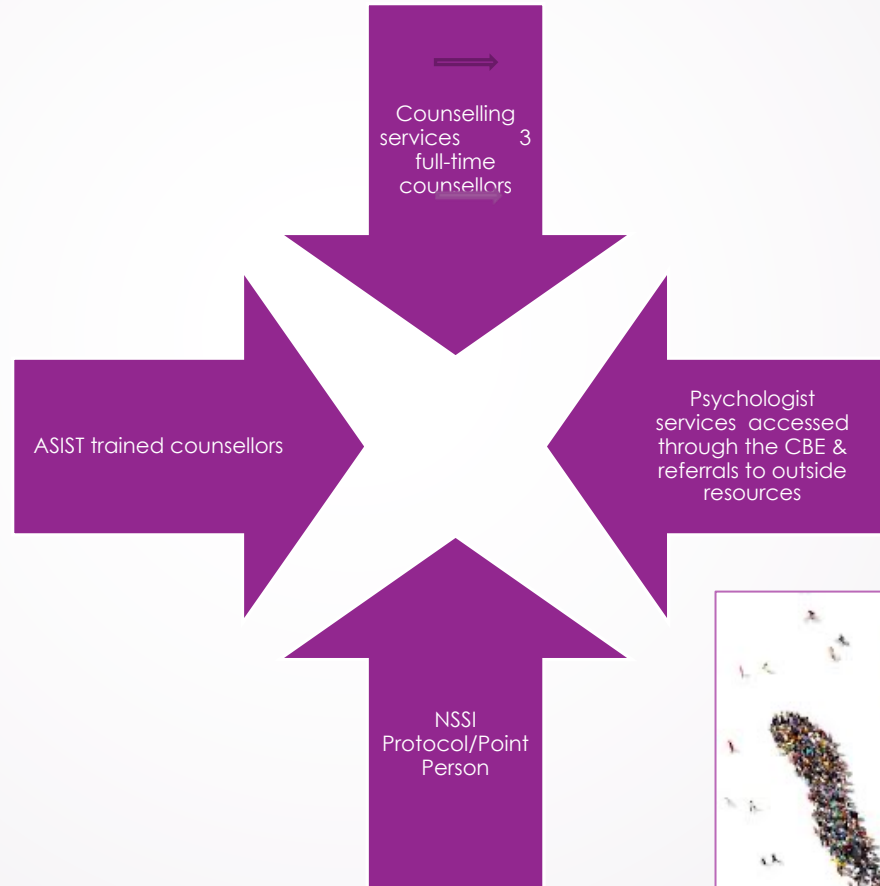




Academic & Emotional...

- ▶ NEST student supports
- ▶ Courses:
 - ▶ e.g., PE 10, CALM, Learning Strategies, Math 15, Sports Performance, Dance, Yoga
- ▶ Peer Tutors
- ▶ Tutorials
- ▶ Homework Club

Professional Services





Supporting the Supporters



► **Parents/Guardians:**



► Referrals, Connections to Resources: E.g.,

- Community Education Service
- Clinical Consultation
- Access Mental Health (Calgary page)
- Calgary Counselling Centre
- Eastside Family Centre (no-fee services)
- Teen Mental Health.org & Teen Mental Health.org/transitions/
- CCASA (Calgary Communities Against Sexual Abuse)
- Kids Help Line, Distress Centre
- Alberta Family Wellness Initiative: Brain Story Certification



Supporting the Supporters

➤ Staff:

➤ Regular PD Sessions:

- Trauma Informed Practice
- Stress management
- Resilience
- Nutrition
- Fitness, Yoga
- Interpersonal relationships
- Information ***
- Connecting to outside PD opportunities & resources



Resilience

“You can’t stop the waves but you can learn to surf.” – John Kabat-Zinn

But... it’s easier to learn to surf if you have a surfboard, a coach, and a lifeguard... - Dr. Michael Ungar

Resilience is:

- ▶ the capacity of individuals and communities to ***navigate*** their way to the psychological, social, cultural, and physical resources that sustain wellbeing, and...
- ▶ Their capacity individually and in groups to ***negotiate*** for these resources to be provided in culturally meaningful ways.


<https://www.familycentre.org/news/post/12-tips-for-resilience-during-a-pandemic>

Managing Anxiety

- ▶ **Normalize** it: limbic system, automatic response
 - ▶ Useful, protective, adaptive response...



- ▶ ONE of numerous emotions...
 - ▶ How we learn to respond predicts future well-being

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- **Recognize** anxiety manifests in various ways:
 - Thoughts
 - Feelings
 - Physical symptoms
 - Behaviours
 - **Teach & encourage** strategies to counter it...



Ways to manage anxiety:

- ▶ Understand why it feels the way it does
- ▶ Know that it does not define you
- ▶ Expect to worry
- ▶ Learn to tolerate uncertainty, discomfort *
- ▶ Bridge back to successes
- ▶ Prepare
- ▶ Identify concerns and get answers
- ▶ Breathe



Develop helpful habits:

- ▶ Mindfulness - changes the brain the way exercise changes the body:
 - ▶ by strengthening the connections between the amygdala and the prefrontal cortex
 - ▶ by teaching the brain to stay in the present
(Thoughts are thoughts. They are NOT predictions.)
- ▶ An app for that?
 - ▶ Headspace
 - ▶ Breathr
 - ▶ Stop, Breathe, and Think
 - ▶ Calm.com



...*more helpful habits*

➤ Exercise

➤ Take care of your tummy

(an unhappy belly can make an unhappy brain)

➤ Practise being grateful

➤ Sleep!



Resources



- <https://cmha.calgary.ab.ca/>
- <https://youthsmart.ca/>
- <https://www.albertafamilywellness.org/>
- [access mental health Calgary](#)
- [Teen Mental Health. org](#)
- <https://calgarycounselling.com/>
- [Eastside Community Mental Health Services](#)
- <https://www.lynnlyons.com/> (book: *Playing with Anxiety*)
- <https://www.albertahealthservices.ca/amh/page16759.aspx> Help in Tough Times